

Going the Extra Mile



INGOT
2000

Going the Extra Mile



15 printing 4 = all 4 missions 40 = extra mission 100



Spring Session OS Clubs Scrapbook 1-4 Ids and Index 1987 Closing



Going the Extra Mile

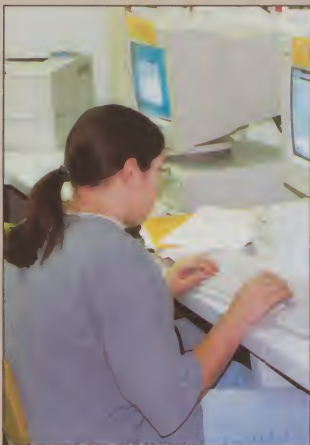


2000 Ingot

River Forest Junior-Senior High School
3300 Indiana Street
Hobart, IN 46342
Volume 40

Carol Needham, librarian, replaces books on the shelf in the library. The librarian replaces approximately 50 books each day. Mrs. Needham's other tasks include checking in books, making copies and assisting students.

Senior Lety Verduzco works after school on placing a story for the December edition of the *Ingot Informer*. Lety was one of the ten members on the staff. The staff spent many hours during and after school to produce the paper.



BEHIND THE SCENES

Many people believe that high school is just like the movies. Some people are the victims, others the villains. There are many plots and outcomes that come unexpectedly. Some situations end happily, others in drama.

Life at RF is hardly like the movies. Things are not as easy. There is no given script and the plot may thicken or thin with each new day. Students often spend many

hours practicing, studying or doing hard work for an outcome that has not yet been decided.

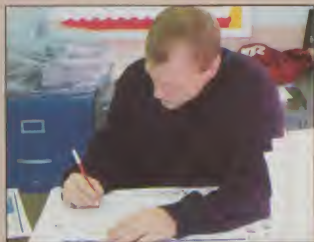
Sit back and relax as you take a closer look at what goes on *Behind the Scenes* at River Forest. Each event makes each day at school unique. Notice how each student, teacher and faculty member is *Going the Extra Mile* to make the school year a success.



Sandra Manzo, junior, diligently searches her binder for her biology study guide at lunch time. Sandra spent lunch time studying for a test as many students at RF frequently did.

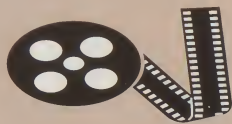


Eighth grade social studies teacher, Mr. Rodney Thompson, spends his planning hour grading tests. Many teachers spent their prep hours grading papers or preparing assignments.



Office clerk, Angie Martinez, collates and staples recently copied papers. Angie served in the office as "copy girl." She also assisted students and supervised the girls locker room.

Jesus Cano, freshman, measures the lumber for the next step in building a lamp. Making a lamp was the first project in his sixth hour Woods I class. The project involved turning a machine into a woodwork.



Starting the school year off with a "bang," senior **Amy Parnell**, monitored by Mr. **Monte Moffett** pulls the trigger for a lab in her second hour chemistry class. The lab was a mystery that involved a murder. The groups then used the levels of lead from the gun to find the killer.

Senior **Malissa Burge** and junior **Frank Nuzzo** share a dance at the Halloween party. The couple dressed as hippies to participate in the couple costume contest. The dance was sponsored by the Senior Class to help aid in the expenses of Turnabout.



CHOOSING A PATH

Students returned to school in the fall to find numerous tasks that lay in front of them. Some would be easy, others would be much harder. From the first day of school, students began choosing a path that they would continue to follow for the rest of their high school career.

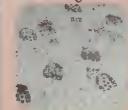
Students were not the only ones who had to choose a path. Many faculty members did too. Mr. **Mike James**, who was hired as the new athletic director, along with many new teachers and staff members created a path that could contribute to the success of River Forest.

Choosing a path was not often easy.

Paths that students chose varied in many ways. Some paths were winding, some were straight, others led the wrong direction. New rules and courses as well as extra curricular activities often influenced the determination of paths.

No person followed the same path throughout the school year. Each follower had many goals in mind. Some paths were long and others short. Some were narrow, and other paths were wide. One thing that the followers had in mind throughout the year was success. Many students found themselves *Going the Extra Mile* to achieve success.

Going the



Extra Mile

Matt Roach, junior, portrayal of Mr. Al Detterline, storms out of the gymnasium after participating in the junior Homecoming skit. Matt was banished from the skit when the ISTEP coach kicked him out.



ISTEP coach and sophomore English teacher, Miss **Francie Blaney** drills her sixth hour English class on the items that could be on the test. The ISTEP is a mandatory test that must be passed in the state of Indiana in order to graduate. The exam was given on September 23 through September 25.



Senior band members, **Callena Burns**, **Samantha Plezchala** and **Suzy Roth** harmonize the flute part of *Sons of Liberty*. The song was performed for the Veterans' Day assembly in the fall. The annual assembly was held to recognize and remember the veterans from our community.

Blindfolded, junior **Matt Sobel** reaches to pet Mrs. **Alessandrini's** "pet snake" at the haunted walk in October. The walk, which cost 25 cents was presented by the life skills classes as a fund-raiser for the class' Christmas dinner.



Class Officers

President:

Andrew Degman

Vice President:

Jon Soto

Secretary:

Becky Chirch

Treasurer:

Veronica Mundo

Sponsor:

Mrs. Pat McNabb

Three Down, One To Go

"Finally, our last year." That was what many of this year's seniors were saying about their last year of school. With a variety of fun filled activities, the seniors went through their final year.

Holding dances and having fund-raisers, the seniors earned as much money as they could all year long. They held a Halloween dance where there was a best costume and best-carved pumpkin contest for those who

wanted to join. One of the other fund-raisers was McSchool Night at McDonald's which was held on every fourth Tuesday of every month.

Like previous years, the seniors put together Turnabout with the theme "Once Upon A Time..."

One of the biggest events during the senior year was Homecoming. The students dressed up, decorated the halls, played in the volleyball game, performed a skit

during the assembly and more. With a total of 300 points the seniors pulled through with first place and were once again victorious.

Seniors were able to go to the newly built theater, The Shakespeare Symposium, on Navy Pier. They saw *A Mid Summer Night's Dream* by William Shakespeare on February 10 after reading the play during second semester senior

English. After the play, they stayed to dine and shop on Navy Pier. During the first semester they also read Shakespeare's play *Macbeth*.

During the last week of school, the seniors were able to get out of classes to join their fellow classmates for activities that the administration set up for them. They also practiced for the night that they had all been waiting for, graduation night.



Stephen Alexander



David Ard



Paul Arnold



William Baldauf



Richard Baron



Josue Bojorquez



Callena Burns



Frank Caporale



Ed Cartagena



Jesse Catlin



Becky Chirch



Amber Cicillian



Jennifer Clifford



Andrew Degman



Billy Fast



David Hall



Tabatha Harrison



Jonathan Horn



Annie Kearby



Charles Keel



Denise Kennedy



Matthew Kennedy



Nichole King



Monica Lancaster



The Senior Class gets in gear while waiting for their turn to enter the Homecoming parade Thursday after school. The class had three Chrysler Seabring convertibles and a pickup truck for their vehicles. They placed second in the floats event of spirit week.

And The Winners Are...



Most Likely to Succeed:
Richard Baron and Callena Burns



Best Hair:
Nichole King and Jesse Catlin



Class Whiners:
Victoria Wallace and David Hall



Class Flirts:
Becky Chirch and Jonathan Soto



Best Eyes:
Jessica Sutton and Johnny Guzman



Most Athletic:
Paul Arnold and Tracie Mezera



Best Smile:

Angelique Wilson and Kevin Shinkle



Teachers' Pets:

Lety Verdusco and Paul Smith



Best Dressed:

Brooke Ostrander and Elizer Fontanez



Best Dancers:

Annie Kearby and Dmitriy Tzitzarin



Class Clowns:

Marc Remus and Samantha Pieschala



Most Artistic:

Elicia DelValle and Stephen Alexander

Senior Andrea Neyhart, Brooke Ostrander, and Victoria Wallace helped carry out work throughout the school, and senior Mike Hall captured the lock place on Tuesday night from 8:15-9 p.m.

Some! The Santa Claus work together to come in (volleyball) during the (volleyball) game on Wednesday night. The seniors came through with 50 points in second class.



Alexander Lee



Alex Mefford



Tracie Mezera



Veronica Mundo



Andrea Neyhart



Brooke Ostrander



Rebecca Phillippe



Annette Priesyk



Samantha Pieschala



Henry Rodriguez



Susan Roth



Brian Schilke



Christa Serles



Paul Smith



Jonathan Soto



Jessica Sutton



Adriana Tellez



Dmitriy Tzitzarin



Joshua Vandevender



Victoria Wallace



Melissa Whitmore



Becky Chirch and Leighton Rhodes, seniors, wait to find out if they spelled their words correctly during the mock Spell Bowl on Friday of spirit week. Seniors placed second in this event.

Richard Baron, senior, accepts a rose from Ruth Norman, junior, to give to his father and sister on senior parent night. The halftime program was dedicated to all band and auxiliary parents.

Dmitriy Tzitzarin, senior, expressed his love to American women during the pep assembly. The gymnasium was also filled with famous stars like Master P. (Rafael Price) and Dr. Evil (Stacey Gumm).



Spirit Week Scores

	Dress	Halls	Volleyball	Banners	Spell Bowl	Skits	B. Cry	Floats	Total
Freshmen	20	10	11	10	10	0	10	10	81
Sophomores	10	20	25	20	20	30	20	40	185
Juniors	30	30	72	40	40	20	40	20	292
Seniors	40	40	60	30	30	40	30	30	300

Scores provided by Mrs. McNabb

Junior **Jason Perez** fixes the junior poster during hall decorations. When the poster was done, it was placed at the end of the junior hallway alongside balloons and streamers.



Sophomores **Vicki Tschopp** and **Jonna Claxton** earn their class points by wearing RF school colors for Red and Gold Day. The students showed their school spirit by wearing red and gold on Friday.



Mr. Ronald Hughes (**Billy Carns**) and Mrs. Natalie Keller (**Wendy Paceley**) discuss the disappearance of her cat Pumpkin during the pep assembly. Many of the other juniors dressed as RF teachers to wish the players good luck.

Melissa Crum, sophomore, dances to a remix during the pep assembly. The cheerleaders also performed a dance during the pep assembly.



Fired up with Spirit

Nighties, jerseys, leis and mismatched clothing were some of the things that the students of RF saw throughout the week.

Monday was Pajama Day. Students came to school wearing what they would normally wear to bed. The hallways were filled with different sports uniforms on Tuesday. Students stayed around after school to help decorate their hallways. Wednesday was a tropical day because it was Hawaiian Day. The students came to school

dressed in Hawaiian printed shirts and grass skirts. After school the Ingots attended a volleyball game where the students of different grades competed against each other. Thursday was a tacky filled day as RF students wore the gaudiest clothes in their closets. Following school on Thursday was the parade. Friday was Red and Gold Day, where the RF students showed their school spirit. During sixth and seventh hours was the Spell Bowl competition and Pep Assembly.



Freshman **Mike Doffin** hangs the spider webs in the freshman hallway. The freshmen theme for their hallway was Spook the Spartans.



Senior **Victoria Wallace** shuffles through a stack of construction paper to find the right color with which to decorate the senior hall. The seniors' theme for the hall was Sherwood's Forest.

STEPPING UP



What did you think of Spirit Week?

I LOVE IT! It is a great time to relax and have fun with your school spirit, especially during the homecoming and Spirit Week.

photos



Anxiety and Anticipation

Friday, September 24, the Ingots battled North Newton during the Homecoming game. The Ingots were defeated by the Spartans 14 to 12.

During halftime, the high school band performed *Prende La Luce* or *Turn on the Lights* composed by 1984 alumnus Kenneth Wood. The band also played the selections *Barbara Ann* which was made famous by

the Beach Boys and *Your Mama Don't Dance* by Kenny Loggins.

Paul Arnold was named Mr. Football by his teammates.

Annie Kearby was crowned Homecoming Queen by 1999 alumna Kristen Gilliana.

Following the game, there was a dance held in the Ingot Room. The music for the dance was provided by MIB.

Junior **Tim Lyle** attempts to make a touchdown against North Newton during the Homecoming game. This was Tim's first year on the team. He was also on the tennis team.



Amber Cicillian was in the Auxiliary Corps. She also served on the Homecoming court.



Veronica Mundo was a member of the Auxiliary Corps. She was also nominated for Homecoming court.



Annie Kearby was crowned the 1999 Homecoming Queen. Annie participated in softball, cheerleading and band.



Callena Burns was on Homecoming court. She was also in the band and a cheerleader.



Tiffany Szparaga was a member of the 1999 Homecoming court. She was a member of the band, and served on the newspaper staff.

Alumna, Kristen Gilliana crowns senior **Annie Kearby** the 1999 Homecoming Queen. The crowning of Homecoming Queen has been a tradition at River Forest for many years. This was Annie's first year on court.



Junior **Ruth Norman** and freshman **Josh Halcomb** dance to *God Must Have Spent A Little More Time On You* by N'Sync during the Homecoming dance.



Senior, **Jesse Catlin**, toots his trumpet during the haltime show. Jesse has played in the band for four years.

STEPPING UP



What did you think when your teammates named you Mr. Football?

"I was very happy and honored, but I was disappointed because we lost the game," stated Paul Arnold.

The dreadful events that plagued the life of John F. Kennedy Jr. painted an eerie backdrop for the tragic plane crash that killed him, his wife, Carolyn Bessette Kennedy, and her sister, Lauren Bessette. The bodies of the three victims were recovered July 21 by divers in the Atlantic about seven miles off Martha's Vineyard, where the Piper Saratoga II Kennedy was piloting crashed five days before. In the end, the nation and the world were left to mourn the loss of a man they came to know as a little boy, saluting the casket of his assassinated father, a boy who grew up to inherit the bittersweet Kennedy legacy.



Retrospective

An Overview of Events and Personalities of the Year

Deadly earthquakes rocked the globe from Mexico to Taiwan, killing more than 21,000 in the span of four months. The year's most catastrophic earthquake occurred August 17 in Turkey, where nearly 17,000 people perished. The earthquake in Turkey measured 7.6 on the Richter scale and was followed by several serious aftershocks, which destroyed thousands of buildings and left hundreds of thousands of people homeless and living in tent cities.



Ben Edmunds/AP

All 217 passengers on EgyptAir Flight 990 were killed in October when the Boeing 767 crashed into the Atlantic off the Massachusetts coast. As search crews recovered pieces of the airliner from the ocean floor, speculation mounted that relief pilot Gamil al-Batouty intentionally crashed the plane. Information collected from the flight data recorder revealed that Batouty had turned off the engines and deployed the speed brakes. Although U.S. investigators suspected that Batouty had a death wish, no suicide note or evidence of terrorism emerged.



Supplied by AIC/440000



Diane Bondaroff/AP

After predictions of the Apocalypse spurred years of preparations and precautionary spending in excess of \$500 billion worldwide, the year 2000 came without incident. Y2K brought only minor glitches despite concerns over a technologically triggered Doomsday. As celebration of the new year subsided, there was growing criticism of the media, the government and a multitude of entrepreneurs for their part in the Y2K hysteria. Also at issue was the question of the new millennium, with purists arguing that it was still a year away.



Minny Borenstein/AP



Supplied by AP/Habero

Pokémon, Japan's cuddly cartoon critters, created a frenzy for children of all ages with toys, video games, comic books, trading cards and a feature film. The animated "pocket monsters" also invaded television with a weekly cartoon series. The Pokémon franchise exploded with more than \$6 billion in sales worldwide, making it even more profitable than the entire video game industry.



Ben Margolis/AP

Charles Schulz bid a fond farewell to millions of fans all over the world in January when retiring the beloved "Peanuts" comic strip he had penned for more than 50 years. Increasingly poor health made retirement necessary for Schulz, who had several small strokes and was suffering from Parkinson's disease and colon cancer. At the end of its historic run, "Peanuts" appeared in 2,600 newspapers in 75 countries and 21 languages, making it the world's most widely read comic strip.



Frankfort/AP

The New York Yankees put the finishing touches on their "Team of the Century" designation by sweeping the Atlanta Braves in the World Series in October. By beating the Braves, the Yankees claimed their second-straight world championship sweep and the team's 25th World Series win overall. The Yankees are the only team in baseball history to chart back-to-back sweeps in the World Series, having done it three times.



Supplied by AP/ABC

ABC's surprise hit "Who Wants to Be a Millionaire" brought television full-circle from its infancy, when prime-time game shows were a mainstay. Hosted by TV's crafty quipster, Regis Philbin, the show became an instant phenomenon and gave ABC its first sweeps win in five years. The other major networks quickly followed suit with their own quiz-show clones, such as FOX's "Greed" and "Twenty One" on NBC.



Michael Leuninger/AP

The U.S. women's soccer team battled for 120 minutes to a scoreless tie before defeating China, 5-4, on penalty kicks in the World Cup Final in July. The exciting win captured the heart of America, resulting in hero status for the team's 20 members and energizing women's sports overall. Additionally, the World Cup championship was credited for boosting soccer's marginal status in the United States.

In the highest scoring Sugar Bowl game ever played, top-ranked Florida State outlasted No.2 Virginia Tech, 46-29, to claim college football's National Championship in January. The Seminoles trailed the Hokies late in the third quarter before scoring 18 unanswered points for the win. Florida State ended the season with a perfect 12-0 record and became the first team to start and finish a season ranked No. 1 since the preseason ratings system began in 1950.

Supplied by AP

Tim Lyle, junior, practices his serve in tennis. This was Tim's second year on the varsity team.



Need To Succeed

Many described the 1999-2000 varsity tennis team as successors.

The squad had an excellent season with an overall record of 11-6. Many players this year were young with the exception of two seniors.

The team's goal was to win sectionals again. They pulled together as a team and reached their goal. "It was nice to have our second consecutive sectional championship and we are hoping for another," stated junior **Matt Roach**.

Dmitriy Tzitzarin, senior, serves the ball at practice to perfect his overhand serve. Dmitriy also participated on the varsity football team this year.



Varsity Tennis

8-4

RF		Opp.	
W	Clark	L	
W	East Chicago	L	
L	Morton	W	
W	Gavit	L	
L	Griffin	W	
W	Horace Mann	L	
W	Roosevelt	L	
L	Kankakee Valley	W	
L	Marquette Catholic	W	
W	Lake Station	L	
W	Lew Wallace	L	
W	West Side	L	



Varsity Boys' Tennis Team: front row: Eddie Cartagena, Jason Perez, Richard Butchko, Josh Vandevender, Tim Lyle, Matt Roach, Adam Baker; back row: Nick Roach, Charles Roth, Angel Rosado, Jason Gutierrez, Dmitriy Tzitzarin and Coach Al Detteline.



Jason Perez, junior, practices his back hand during practice. Jason was also involved in the high school marching band.



section

report design and reporting by students



Freshman Jason Gutierrez smashes the tennis ball in an attempt to make it over the net. He also participated on the 1999-2000 junior varsity basketball team.

Joshua Vandevender, senior, practices his swing for an upcoming game. He has been on the varsity tennis team for two years.



Junior Matt Roach returns a serve in order to warm up for practice. Matt served as the 1999-2000 captain of the boys' varsity tennis team.

Fancy Footwear



"It was hard, but we accomplished our goal even though there were many players in football," said junior Tim Lyle.



Varsity Football

1-9

RF		Opp
	Calumet	W
	Whiting	W
	Kankakee Valley	W
	Lake Station	W
	Eastem Hancock	W
	North Newton	W
	Lafayette	W
	North Judson	W
	Washington	W
	South Central	L

Junior High Football

5-4

RF		Opp
	Taft	L
	Lake Station	L
	Hobart	L
	North Newton	W
	Liberty	L
	Whiting	W
	Westchester	W
	Wheeler	W
	South Central	L



Varsity Football Team: front row: Angel Rosado, Francisco Cuevas, Joe Turner, Tim Lyle, Eddie Cartagena, Dmitry Tzitzann, Matt Lopez, Mika Fay, Ramon Varduzco, Ricardo Rodriguez, Matt Sobel, Adarus Gun; row 2: Stava Evans, Refeel Price, Stava Zon, Robert Saylor, James Cruz, Mika Gonzales, Stacey Gunnin, Mika Guzman, Edgar Ramos, Johnny Guzman, Steve Peek, Sal Montes; back row: Coach Sherwood Haydock, Coach Jason Cugg, Brant Heavlin, Jon Soto, Paul Garcia, Paul Arnold, Marc Remus, Justin Horn, Jon Horn, Leighton Rhodes, Coach Brian Vance and Coach Tim Gault.



Junior High Football Team: front row: John Trezek, Carlos Muniz, David Eustice, Carmelo Venegas, Oscar Vanegas, Roger Castillo, Harry Downing, Nathan Waters, Bruce Hendry, Mika Grunewald; row 2: Mika Carver, Anthony Travis, John Stoddard, Jesse Poe, Al Martinez, Tony Rosado, John Devaney, Bryan Savikas, Matt Bigott, Scott Westmorland, Marc Scott; row 3: Bruce Rundberg, Jaff McNabb, Adam Goodman, Tim Lane, Jason Lozanovsky, Brandon Ragan, Anthony Gualandi, Ricky Price; back row: Coach Brian Ray, Coach Chad Guined and Coach Rodney Tompson.

Offensive linemen get set to fire the ball to their quarterback while they stare down their opponents during the Homecoming game.



The 1999 varsity football team runs on the field showing off their new uniforms and helmets. The team held a tag day during the summer to raise money for the helmets and pants. They purchased their own jerseys which had their names on them.

Senior **Leighton Rhodes**, number 33, uses all his strength to break free of his opponent's hold.



Coach **Sherwood Haydock** gathers his team before the game to give them some inspirational words. This was Coach Haydock's second year as varsity head coach and second year enforcing the "Run and Gun" system.

In a triumphant game against South Central, senior Marc Remus, number 81, runs to make a touchdown.

Another Big Step

Despite a predicted losing season from critics the varsity football team focused on their game and came out victorious. The team concentrated on their motto, "Run and Gun" and teamwork.

This year the team was organized, spirited and gained leadership from seniors.

During the summer the team held practices to prepare for the approaching season. The early conditioning practices enabled the players to prepare themselves for the upcoming Friday night games.

The Ingots advanced to the second round in sectionals and ended their season 1-9.

Fancy Footwear



"My favorite game was the Colvert sectional game because we came back from 28-7 to end the game 34-26," said senior Eddie Cartagena.



Sophomore **Rafael Price** speeds through the opponent to gain a first and ten.

Sophomore Kara Komenich bumps the ball to score a point for the JV team. This was Kara's first year on the JV team.

Ending In Victory

The junior varsity volleyball team had a rough start but came through with victories including their win against the school's rival, the Lake Station Eagles.

The '99 JV volleyball team was coached by **Mike Lyons**. The captains were sophomores **Toni Kennedy**, **Heather Rogyom** and freshman **Tonya Westmoreland**.



JV Volleyball

6-16

RF	Opp.
L Morgan	W
L Kankakee Valley	W
L Griffith	W
L Hebron	W
L W	W
L Oregon - Davis	L
L Gavt	W
L Boone Grove	W
L Marquette	W
L Washington	W
L Michigan City	W
L Lew Wallace	L
W Wirt	W
W Calumet	W
W Roosevelt	L
W North Newton	W
L Wheeler	W
L Argos	W
L Westville	W
L South Central	W
L Wirt	L
W Lake Station	L

Eighth Grade Volleyball

1-8

RF	Opp.
L Hobart	W
L Portage	W
L Gavt	W
L Fegely	W
L Lake Station	W
L Washington	W
L Wheeler	W
L Lake Ridge	L
L Harrison	L

Seventh Grade Volleyball

3-6

RF	Opp.
L Hobart	W
L Portage	W
L Gavt	L
L Fegely	L
L Lake Station	W
L Washington	W
L Wheeler	W
L Lake Ridge	W
L Harrison	L



JV Volleyball Team: front row: Heather Rogyom, Toni Kennedy, Kara Komenich, Tonya Westmoreland; row 2: Amber Carroll, Kristina Komenich, Coach Mike Lyons, Amanda Alexander, Missy Arnold; back row: Brianne Gilliana, Elizabeth Waters, Ashlev Ayres, and Tara Camarena.



Eighth Grade Volleyball Team: front row: Jody Soliday, Jennifer Guzman, Lisa Wallace, Tara Quinlan, Melody Myers, Tabatha Westmoreland, Amber Morris; back row: Tillie Smith, Danielle Walker, Paulina Ballestros, Danielle Kampski, Lauren Camp, Mary Saalwaechter and Coach Mickey Minarich.



Seventh Grade Volleyball Team: front row: Nicole Miodragovich, Beth Savickas, Elizabeth Koonce, Casandra Hooker, Ashley Sutherland; back row: Elizabeth Blackwell, Teresa Jansen, Brandy Pardunn, Amber Coleman, Sabrina Salas and Coach Keith Hyden.



Freshman Kristina Komenich attempts to pass the ball in anticipation of scoring a point for the Ingot Volleyball Team.



Toni Kennedy, sophomore, serves the ball to Westville. Toni was awarded Co-MVP along with freshman Amanda Alexander.

Coach Mike Lyons gives the team some pointers before the game starts. Coach Lyons has been the JV coach for two seasons.



Fancy Footwear



"I was excited when we beat our local rival, Lake Station at the last game," stated freshman Kristina Komenich.



In an attempt to return the serve, freshman Elizabeth Waters sets up the play by passing the ball.

Heather Rogyom, sophomore, prepares for the Wheeler Bearcat's serve. Heather was named MIP after the season.

Overcoming her opponents and attempting to block, **Leann Cicillian**, sophomore, manages to tap the ball over the net.

Making Tracks

Bump, set, spike! These were a few things the girls' varsity volleyball team loved to accomplish. If you were looking through the records of the 1999 varsity volleyball team the records were deceiving.

The team was young and inexperienced, but they played with heart.

That is the qualification for a good team.

With only two returning seniors, **Brooke Ostrander** and **Jessica Sutton**, there was a rebuilding of the team. The team worked together in setting the pace.

Towards the end of the season the record was improving.



Varsity Volleyball

NAME	POS	GP	PTS	ASS	BLK	SAVES	ST
Courtney Krasoczka	OP	12	15	10	5	10	10
Jamie Sellers	OP	12	10	5	5	5	5
Elizabeth Hall	OP	12	5	5	5	5	5
Jessica Sutton	OP	12	5	5	5	5	5
Natalie Quinlan	OP	12	5	5	5	5	5
Amber Alexander	OP	12	5	5	5	5	5
Sylvia Montes	OP	12	5	5	5	5	5
Leann Cicillian	OP	12	5	5	5	5	5
Brooke Ostrander	OP	12	5	5	5	5	5
Fernanda Hendia	OP	12	5	5	5	5	5
Donna Briggs	OP	12	5	5	5	5	5



Varsity Volleyball Team. front row: Courtney Krasoczka, Jamie Sellers, row 2: Elizabeth Hall, Jessica Sutton, Natalie Quinlan; back row: Amber Alexander, Sylvia Montes, Leann Cicillian, Brooke Ostrander, Fernanda Hendia and Coach Donna Briggs.

Members of the varsity volleyball team huddle after executing a play.



Natalie Quinlan, sophomore, jumps high and spikes the ball to her opposition during the Washington game.



Attempting to block the coming ball, sophomore **Sylvia Montes** and junior **Amber Alexander** leap high to block a competitor's spike.

Senior **Jessica Sutton** bumps the ball with hope of returning it to offenders. Jessica served as co-captain during the season.



Huddling up for the next play, Coach **Donna Briggs**, instructs her team on a new position and maneuvers.



Stretching to keep the ball in play, **Sylvia Montes** sacrifices her body for the save. This was Sylvia's second year on the varsity team. She was later named MIP after the end of the season.



Fancy Footwear



"I was extremely proud and honored after being named MVP this season," stated senior **Brooke Ostrander**.



Poised and ready to serve, senior **Brooke Ostrander** focuses on the ball. Brooke served as co-captain this season and was later named MVP.

At the sound of the gunshot, the girls' varsity cross country team sets the quick pace for the race. The team was led by Malissa Burge.

Taking it in Stride

Endurance was extremely important for the varsity girls' cross country team. Runners focused on improving their times as a way of self motivation. The entire team this year was unified with a goal to improve.

The team was led by senior Malissa Burge. With four returning varsity members, the team had great hope for the season. The squad ended their season placing sixth at the NAC Conference.



Girls' Varsity Cross Country

1-10

RF		Opp
L	Hannover Central	W
L	Lowell	W
L	Hedron	W
L	South Central	W
L	New Prairie	W
L	Morgan	W
L	Hobart	W
L	Lake Station	W
L	Whiting	W
L	Highland	W
L	Whiting	E

Girls'

Junior High Cross Country

4-2

RF		Opp
L	Wheeler	W
W	Lake Ridge	L
W	North Newton	L
E	Westchester	W
W	Lake Station	W
W	Hobart	L



Girls' Varsity Cross Country Team: front row, Fernanda Heredia, Marialena Dominguez; row 2, Victoria Tschopp, Malissa Burge, Becky Cisneros; back row: Coach Lyle Neal and Coach Phil Long.



Girls' Junior High Cross Country Team: front row: Monica Solis, Marisol Carrillo, Rocio Cisneros; back row: Coach Phil Long, Amanda Degman and Maria Solis.



Sprinting to the finish line, Marialena Dominguez, junior, maintains her pace while focusing on passing her competition. Marialena was named MIP after the season.

Before the race, the girls' varsity cross country team members encourage each other and show their team spirit.



Just after the start of the race, junior **Becky Cisneros** sets her sights on the big win.



Expanding every ounce of energy left, sophomore **Victoria Tschopp** stays motivated and focused during the Marquette meet.



Junior **Fernanda Heridia** catches her breath as she concentrates on crossing the finish line. This was Fernanda's first year on the team.

Putting all things behind her, senior **Matissa Burge** concentrates on reaching the finish line. She was later named MVP for the season.

Fancy Footwear



"My most memorable moment was being named all-conference," said junior **Becky Cisneros**.



After the ringing of the gunshot, the boys' varsity cross country team sets the pace. The team competed against Westville, Oregon-Davis and Marquette in that meet.

While pushing himself, freshman Justin Carlson focuses on the finish line which has recently come into view. Justin was later named MIP of the season.



Fancy Footwear



"I was surprised that I was named MIP," stated Justin Carlson.



Passing his competition, sophomore Danny Farthing pushes to his fullest limits to obtain the advantage in the race.

Sneaking up on his competitors, junior Harry Manos prepares to take a lead. Harry served as team co-captain this season.



Jason Tschopp, junior, sees his goal and strives to finish the race. Jason, who later ran track, was the co-captain of the season.



Breaking Ground

Hard work and determination were this year's boys' varsity cross country team's expectations.

Their season was highly anticipated as a

winning one with freshman **Dustin Coleman** and two returning varsity members. The coaches looked forward to the season.



Boys' Varsity Cross Country Team: front row: Dustin Coleman, Harry Manos; row 2: Justin Carlson, Jason Tschopp, Frank Nuzzo; back row: Coach Lyle Neal, Danny Farthing, David Latta and Coach Phil Long.



Junior High Boys' Cross Country team: front row: Josh Ekdahl, Paul Meentemeyer; back row: Coach Phil Long and Andy Jarvis.

Junior **Frank Nuzzo** tries to maintain his lead by pacing himself to finish the end of the race.

Boys' Varsity Cross Country 3-6

RF		Opp.
L	Hanover Central	W
J	Lovell	W
E	Hobart	W
L	South Central	W
L	Morgan	W
L	Hobart	W
W	Lake Station	W
W	Whiting	W
W	Whiting	W

Boys' Junior High Cross Country 4-2

RF		Opp.
L	Wheeler	W
W	Lake Ridge	W
W	North Newton	W
L	Westchester	W
W	Lake Station	W
W	Hobart	W

Sophomore jazz band member, **Roger Knopp**, toots his trumpet to his solo in the jazzy version of *Rudolph the Red-nosed Reindeer*. The jazz band as well as symphonic band and choirs performed at the Christmas assembly.

Yearbook adviser **Danyelle Kozma** tears through the first layer of wrapping paper to get to the gift given to her by her sixth hour yearbook staff. Little did she know there were several more layers of wrapping paper and a layer of tape awaiting her.



MARCHING ON

Winter in Ingotland brings to mind snow, Santa and cold weather. Many activities including Turnabout and Basketball Homecoming also occupy the minds of students. Finals and semester grades filled the breifcases of teachers.

The annual Christmas assembly was held on Monday, December 18, 1999 during third hour. Students and faculty crowded together into the gym to sing Christmas carols, shoot for a turkey and await rewards from a special guest named Santa. The assembly was concluded with the traditional faculty singing of *White Christmas*.

Turnabout and Basketball Homecom-

ing were both held in the month of February. Both activities attracted students and faculty as members of the community stood by.

Weather at the end of February grew unseasonably warm. Temperatures neared 70 degrees and allowed students to spend time outdoors with friends and family.

While participating in these activities, students did not lose sight of their goals but instead began marching on toward accomplishing them. Many students also could be credited with *Going the Extra Mile* to make winter activities a huge accomplishment.



Extra Mile

Mr. **Sherwood Haydock** relives the legend of Santa Claus by tossing candy and goodies into the crowd at the Christmas Assembly. Although this was Mr. Haydock's first year as Santa, the character has visited RF in several years past.



Junior **Amanda Vespo** and Mrs. **Sandra Mihalik** review the functions of the buttons on the register at the local Mc Donald's on Ridge Road and Ripley Street. Mrs. Mihalik agreed to work at the restaurant for a fund-raiser called Mc School night. The fund-raiser was used for activities such as Turnabout and senior color in the yearbook.



Choir members **Josh Vandevender**, **John England**, **Dennis Emmart** and **George Mendez** serenade the crowd with *Silent Night* at the Christmas assembly. The boys were accompanied by Mrs. **Jeanne Kapciak** on the piano.

Recovering from a recent snowball attack, freshman **Ashley Ayres** dusts herself off and prepares for class. Because Ashley was a freshman, she was the subject of attack from many of her sixth hour classmates.



Senior **Angelique Wilson** dances the night away on the dance floor. Before Turnabout Angelique and her date went to Pestos in Valparaiso to sample the Italian cuisine.

Aisha Wright, junior, makes a funny face as she dances to the *Electric Slide*. Many of the couples knew this dance and had no problem at all going out onto the floor to give the dance a try.



Senior **Stephen Alexander** pretends to waddle in the pond at Turnabout. The seniors spent a lot of time and money on the decorations for Turnabout.



STEPPING UP



What did you think
of
Turnabout?

"I had a really
fun time hanging
out with my
friends."
said senior **Andrea
Neyhart**.



Victoria Wallace, senior, holds her date close as she dances during the 2000 Turnabout. Every time a slow song was played the dance floor would be filled with couples dancing together.

Freshmen **Veronica Shaikh** and **Tara Camarena** dance with their friends on the dance floor. Many circles of people dancing could be seen throughout the dance floor.



Junior **Frank Nuzzo** and senior **Malissa Burge** do a swing dance during the song *Mambo #5*. Through the fast and slow songs they both seemed to be on the floor.



Senior **Annie Kearby** gets spun around on the dance floor by her date, senior **Johnny Guzman**. After Turnabout they headed to the movie theater to see *Scream 3*.

If the Shoe Fits

As you entered the gym it seemed as if you had been magically transported into a fairy tale. The seniors constructed a castle, carriage and a pond which helped set the mood of the night.

This year's Turnabout theme was "Once Upon a Time." Students danced the night away while MIB supplied a variety of

music.

The night was filled with enchantment. Sixty-four couples attended the dance that was held in the River Forest Elementary school gymnasium.

At end of the night *Thank God I Found You* by Mariah Carey was played for the final slow dance of the evening.

Amber Moris, eighth grader, dances to the famous *Electric Slide*. The *Electric Slide* is played at most dances in both the junior high and high school.



"And the new 2000 millennium queen is..... Melody Myers." Freshman Rachel Gurrero crowns the new queen, Melody Myers. Melody participated in basketball and volleyball.

Seventh grade court members Jessica Marek, Jeremy Peterson, Amber Coleman, Eric Zwolinski, Henry Downing, Pamela Gallardo, Sabrina Salas, and Danny Squires wait to hear who will be announced the prince and princess. Pamela and Jeremy were crowned as the prince and princess.



Eighth grader Lisa Wallace shares a dance with Nick Roach. Lisa and Nick were also members of the eighth grade court.



Eighth grader **Amanda Peel** takes a minute to perform a popular line dance. Amanda was one of many who attended the annual King and Queen dance.



A night to remember

On Friday, February 11, 2000 the seventh and eighth graders attended the annual King and Queen dance.

The dance was held from 6 p.m. until 9 p.m. in the multi-purpose room. The king and queen were to be announced at 7 p.m. Parents and other family members gathered outside the multi-purpose room to

take pictures before the crowning. As 7 p.m. approached the court candidates were growing nervous.

At 7 p.m. the king and queen were announced. **Melody Myers** and **Al Martinez** were crowned king and queen and **Pamela Gallardo** and **Jeremy Peters** were crowned prince and princess.

After the crowning,

the traditional royal dance between the king and queen and prince and princess was held. The other dancers were also allowed to dance with royalty.

After a few minutes the court members had to pick their partners out of the crowd. If they wanted they were also able to purchase pictures from Mrs. **Diane Chary** for one dollar each.



Eighth grade court members line up and wait to find out who will be crowned the 2000 king and queen. The crowning of king and queen is a tradition in the junior high.

Seventh and eighth graders join together to dance the *Macarena*. This popular dance is known by many.

STEPPING
UP



How fun it is to see when you find out your name is announced as King!

"I was happy and surprised," stated Al Martinez.



STEPPING UP



What did you think of Spirit Week?

"I think that all the classes did the best that they could. All of the halls looked nice, and I was happy for the winners of the Spirit Court," said Tabatha Harrison.

Juniors Jamie Sellers and Christina Burns discuss business for the Junior Class. Jamie was the Junior Class president and Christina was the Junior Class vice-president.

Senior Becky Chirch prowls around the school looking for her next class on Animal Day. Becky received the title of Miss Ingot Spirit during Basketball Homecoming.



Spirit Show-offs

Basketball Homecoming Spirit Week, something most students look forward to, is a time for the student to dress wild and crazy in accordance to the central theme of the day.

Monday was Pajama Day. Stuffed animals and slippers could be seen throughout the school day.

Tuesday was Twins Day. The students chose a friend and dressed like them, thus earning their class points.

Cows and Cats and Dogs, oh, my! Wednesday was Animal Day where the River Forest students came to school dressed like animals.

At 3 p.m. it was time to decorate the hallways. Streamers, construction paper, and balloons were laid out all over the halls as the students diligently worked to decorate the halls.

Since there was no school on Friday, Homecoming took place on Thursday,

thus making Thursday Red and Gold Day. The most students participated on Red and Gold Day than any other of the dress up days.

During sixth hour the juniors auctioned off the players on the girls' and boys' basketball team for a dance at the Homecoming dance.

Afterwards, the student body moved on to the pep assembly. The students did not leave the pep assembly until 3:15 p.m. instead of the usual 3 p.m.



Freshman Racheal Gurrero tapes up streamers to the lockers in the freshman hallway. The freshmen theme this year was "Torture the Spartans."



student life

Layout design and reporting by J. 210 W. 211

Sophomore Beth Persley performs a choreographed dance during the Basketball Homecoming pep assembly. The Auxiliary members wore the basketball players' jerseys while performing.



Freshman Jennifer Perkins plays the school song to raise school spirit among the students. The band opened the pep assembly by playing the National Anthem.



Harry Manos, junior, slowly traces the outline of a toilet to hang in the junior hallway. The juniors' theme this year was "Flush the Spartans." They creatively decorated the hall with toilets and toilet paper.



Austin Powers nonchalantly makes his way around the gymnasium while his theme music plays in the background. Dr. Wright and Austin discussed how the basketball players had "mojo" potential before Austin had to head for home.

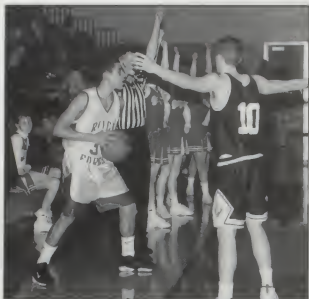
Spirit Week Scores

	Skits	Dress	Banners	Halls	Total
Freshmen	10	10	40	10	70
Sophomores	40	20	20	30	110
Juniors	30	30	30	20	110
Seniors	20	40	10	40	110

Scores provided by Mrs. McNabb

Becky Chlrch was crowned Miss Ingot Spirit. Becky was also on the varsity tennis team, editor for the Ingot Informer, and secretary of the French Club.

Junior Francisco Cuevas inbound the ball during the Homecoming basketball game. He was also on the football team.



STEPPING
UP



How did you feel
when you were
named Mr Ingot
Spirit?

"I was surprised and
honored," stated
Ricky Baron.



Seniors Tracie Mezera, Eddie Cartagena, Becky Chlrch, Elicia Del Valle, John Soto, Brooke Ostrander, Jessica Sutton, Paul Arnold, Samantha Pieschala, and Ricky Baron wait to hear who will be announced Mr. and Miss Ingot Spirit. These seniors were chosen based on class nominations.



activities

© Ingot Spirit and Spirit of the Ingot 1997

Junior Jamie Sellers dances with other Auxiliary members for the Homecoming game. Jamie is also a field commander for the band and was on the bowling team.



Tracie Mezera receives a basketball from last year's Miss Basketball Natalie Cartagena. Tracie received a basketball signed by the varsity team.



Andrea Neyhart and Elicia Del Valle "borrow" classmate Amber Cicillian's mom during halftime at the boys' homecoming game. Andrea and Amber are both on the Auxiliary corps, while Elicia is a member of the band.



Sophomore Chris Davis plays his guitar during the boys' Basketball Homecoming game. Chris is a member of the high school band, jazz band, pep band and tennis team.

Out with a bang

On Thursday February 18, the boys' basketball team battled the North Newton Spartans but came out defeated.

During halftime, Mr. and Miss Ingot Spirit were announced. **Ricky Baron** was given a pen while **Becky Chirch** was crowned. The jazz and pep band also per-

formed during half time.

The cheerleaders also held a raffle for new uniforms. They raffled off two beanie babies. Junior **Wendy Paceley** was one of the two that won. The raffle tickets were five tickets for one dollar.

After the game, students had the opportunity to attend the Homecoming dance. Previously the

Junior Class held an auction to dance with basketball players. The most that you could bid on any player was twenty dollars.

The dance was held from 9 p.m. until 11 p.m. MIB was once again the DJ for the Homecoming dance.

The students danced the night away despite the loss of the

Pulling Through

Freshman **Evelina Verdusco** and teammate block a Westville player to try to force a turnover.

The JV team had a rough season but came through with two victories, including their win against Westville after losing to them in the NAC tournament.

The team was led by captains Toni Kennedy and Natalie Quinlan. Toni was also awarded MVP and

Natalie was awarded MIP by coach Phil Long. This was Coach Long's second season as junior varsity coach. "The ladies stayed positive and learned to play even though we had some tough losses," stated Coach Long after the final game of the season.



Sophomore **Natalie Quinlan** looks to pass the ball in from out of bounds. Natalie was a captain for the JV team and was also awarded MIP.



Girls' JV Basketball Team: front row: Brandi Ortiz, Natalie Quinlan, Ashley Ayres, Kimberly Kaller, Rachel Kurek; back row: Evelina Verdusco, Samantha Whitworth, Kristina Kominich, Missy Arnold, Tonya Westmoreland and Coach Phil Long.



Eighth Grade Basketball Team: front row: Christina Collazo, Danielle Walker; row 2: Jennifer Guzman, Nia Jimenez, Lisa Wallace, Pamela Ivey, Mangrace Dietz, Tara Quinlan; back row: Coach Melinda Sutherland, Jody Solday, Mastody Myers, Michelle Joseph, Pauline Ballestaro, Tilia Smith and Mary Sauerweber.



Seventh Grade Basketball Team: front row: Maria Torres, Liz Koonce; row 2: Rocío Cisneros, Mandy Shawkey, Amanda Lenter, Monica Solis, Jamie Dailey; back row: Amanda Degman, Ashley Sutherland, Amber Coleman, Coach Keith Hyden, and Paulette Blankenship.

Junior Varsity

2-16

RF	Opp.
Goffin	W
Wirt	W
Morgan	W
Lake Station	W
Boone Grove	W
Westville	W
North Newton	W
Hanover	W
Hebron	W
Gary Mann	W
South Central	W
Kankakee Valley	W
Marquette	W
EC Central	W
Oregon-Davis	W
Caumet	W
Westville	W
Washington	W

Eighth Grade Basketball

4-13

RF	Opp.
Harrison	W
Gavi	W
Lake Ridge	W
Washington	W
Morgan	W
Michigan City	W
Robert	W
Hanover	W
Westchester	W
Oregon-Davis	W
Wilcoxville	W
Lake Station	W
Westchester	W
Fagely	W
Wheeler	W
Liberty	W
Marionville	W

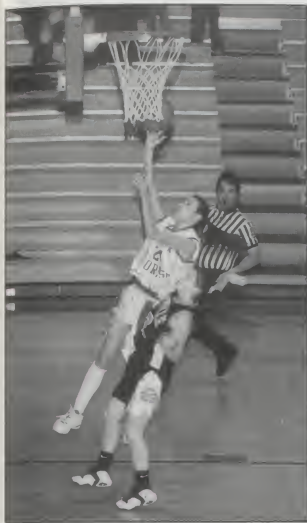
Seventh Grade Basketball

4-13

RF	Opp.
Harrison	W
Gavi	W
Lake Ridge	W
Washington	W
Morgan	W
Michigan City	W
Robert	W
Hanover	W
Westchester	W
Oregon-Davis	W
Wilcoxville	W
Lake Station	W
Westchester	W
Fagely	W
Wheeler	W
Liberty	W
Marionville	W



Toni Kennedy, sophomore, attempts to make a lay-up for the JV team. Toni was later awarded MVP.



Freshman **Kristina Komenich** and other JV players get ready for the jump ball at the last home game of the season.



Coach **Phil Long** goes over offensive plays during a time out against Westville. This was Phil Long's second year as JV coach.

Fancy Footwear

"Even though we had a rough season I think if we practice really hard and are determined to be a better team, we will do a lot better next year," stated freshman **Brandi Ortiz**.

Picking up the Pace

Beginning the season with high expectations the girls' varsity basketball team set out to break records. Leading the team were senior **Tracie Mezera** and junior **Courtney Krasoczka**.

After winning the

NAC Tournament for the second year, the girls kept up the high spirits and broke the record for number of points scored in a girls' varsity basketball game.

The team advanced in the second round of sectional play and ended their season.

Fancy Footwear



"My fondest memory of this season is breaking the record for number of points scored in a game," said senior **Tracie Mezera**.



Sophomore **Sylvia Montes** jumps high above the defense to retrieve the rebound for her team. This was Sylvia's second year on the girls' varsity basketball team.



Senior **Tracie Mezera** dribbles the ball to the hoop with high intensity while the Argos defender attempts to stop her. Tracie broke the record for number of points scored for girls' varsity basketball. She was later named MVP.



Jessica Sutton, senior, looks for her teammates while attempting to pass the ball. This was Jessica's second year on the varsity team.



Girls' Varsity Basketball Team: front row: Amanda Alexander, Amber Alexander, Silvia Montes, Leann Cicillian; row 2: Courtney Krasoczka, Tracie Mezera; back row: Jessica Sutton, Marialena Dominguez, Coach Al Detterline, Toni Kennedy and Elizabeth Hall.

Girls' Varsity Basketball

7-16

RF

Opp.

RF	Opp.
Boone	W
Kirkwood	W
Hartman	W
Caldwell	W
Hobart	W
Giffen	W
Hobart	W
Hartman	W
Gale	W
Boone	W
Washington	W
Low	W
Wallace	W
Westville	W
Roosevelt	W
Hobart	W
Rensselaer	W
Washington	W
Wheeler	W
South Central	W
North Newton	W
Wirt	W
Little	W



Toni Kennedy, sophomore, attempts to shoot the ball while hoping to score for the girls' varsity basketball team. This was Toni's first year on the team.



Huddling together after half time, members of the varsity girls' basketball team give each other words of encouragement.

Courtney Krasoczka, junior, shoots the ball over her competition, Argos Dragons. Courtney was co-captain this season.



Amber Alexander, junior, tries to break through the defense and attempts to shoot the ball and score for the team.

Brant Heavlin, sophomore, tries to gain points for his team by making a jump shot. Brant was a center for the team.

Go Big Gold

Having six returning players and gaining four others, the junior varsity team did a splendid job throughout the season.

They were in the NAC Tourney and they played Marquette in the finals.

They won for the first time for the JV boys' program. The junior varsity had three

freshmen on the team. One of the freshmen, **Justin Horn**, played for the varsity. This years' JV team had a record of 8-12.

Although the team didn't have a winning record, they had a good season. The win they loved most was when they won against their rival Lake Station.



Junior Varsity Basketball

8-12

AF	Opp
Robert	W
Cheslerston	W
Wheeler	W
Boone Grove	W
Robert	W
Lake Station	L
Argos	L
S.B. St. Joe	W
Hebron	W
Kankakee Valley	W
Gard	W
Westville	L
South Central	W
North Judson	W
Oregon-Osola	L
Marquette	L
North Newton	W
Hanover	L
Whiting	L

Freshman Basketball

4-6

AF	Opp
Lake Station	L
Vesperas	W
Calumet	L
Whiting	L
Hanover	W
Merrillville	W
Kankakee Valley	W
Washington	L
Hammond Clark	W
Hebron	W
Robert	W



Junior Varsity Boys' Basketball Team: front row: Dustin Coleman, Adarius Gunn, Daniel Munoz, Charles Roth, Enrique Zepeda, Jason Tschopp; back row: Coach Joe Burleson, Brant Heavlin, Elijah Gregory, Justin Horn, Stacey Gumm, Jason Gutierrez, and Coach Jason Quigg.



Freshmen Boys' Basketball Team: front row: John Clark, Andres Verdusco, Sam Saalwechter, Robert Ordway, Michael Fay; back row: Coach Pete Jimenez, Joshua Helcomb, Brandon Jacobs, Dwayne Durk, Jack Stoddard and Rudolfo Cano.



Eighth Grade Boys' Basketball Team: front row: John Davaney, Carmelo Venegas, Andy Kries, Nick Roach, Adam Martinez; back row: Andy Jarvis, Jeff McNabb, Brandon Ragen, Al Martinez and Josh Elise.



Seventh Grade Boys' Basketball Team: front row: Oscar Venegas, Josh Ehdahl, Scott Westmoreland, Henry Downing, Joe Hennings; back row: Matt Biggot, Carlos Muniz, Diego Gonzalez and Aubin Manchaca.



Junior Matt Roach jumps above the competition to get two points for the JV team. Matt has been on the boys' basketball team for three years.



Emmanuel Garibay, freshman, shoots for two points during the North Judson game at home. This was Emmanuel's first year on JV.

JV players gather around Coach Joe Burleson to learn one of the game plans for the night. One of the game attacks known as "River" is where they stall the ball so time can run out.



Sophomore, Elijah Gregory, flips above the Spartan teammate number 42 to earn points for the Ingots. Elijah played forward for the JV team.

Dustin Coleman, freshman, gets set to pass the ball to another teammate before time runs out. Dustin was the guard for the team.

Fancy Footwear



"I think we had a good year, and we will do better next year because all of us will be coming back next season," Dustin Coleman stated.



Junior **Angel Rosado** jumps high in an attempt to score for the boys' basketball team. Angel was team co-captain this season.

Playing with Pride

Team spirit and pulling together during difficult circumstances were what made the 2000 varsity boys' basketball team different from previous years.

With no seniors on the team, they had to look elsewhere for leadership which meant juniors **Francisco Cuevas** and **Angel Rosado** had to

step up and take responsibility.

The team had a new head coach this season, **Jason Quigg**. Coach Quigg had high expectations for this season.

The team had confidence and played with great potential by the end of the season and ended with a record of 3-18.

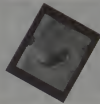
Junior, **Ruben DeLeon**, focuses on dribbling the ball down the court to the hoop in hope of scoring for the team. This was Ruben's first year on the boys' varsity basketball team.



Fancy Footwear



"My favorite game was the Lake Station game. It was nice to beat them after last year," said junior **Angel Rosado**.



Matt Roach, junior, looks down the court to find an open teammate. This was Matt's first year on the varsity team.



Junior **Harry Manos** concentrates on making his free-throw. This year the team focused on the free-throw percentage.

Junior Francisco Cuevas struggles to rebound the ball against his competition Boone Grove. Francisco was co-captain this season.



Boys' Varsity Basketball Team: front row: Jason Tschopp, Angel Rosado, Ramon Verdusco, Matt Roach, Harry Manos, Jose Cisneros, Adarius Gunn; back row: Coach Terry Wilcox, Rafael Price, Justin Horn, Mike Minarich, Sal Montes, Tim Lyle, Francisco Cauvas, and Coach Jason Quigg.

Boys' Varsity Basketball

3-18

RF	Opp.
L	Theberton W
W	Wheeler W
W	Oregon Falls W
W	Marquette W
W	Boone Grove W
W	Hobart W
W	Lake Station W
W	Argos W
W	S. St. W
W	Hebron W
W	Kankakee Valley W
W	Gavitt W
W	Westville W
W	South Central W
W	Oregon Dais W
W	Marquette W
W	North Newton W
W	Harvor W
W	North Judson W
W	Whiting W



Sal Montes, sophomore, jumps high and attempts to shoot the ball over his competitors. Boone Grove. This was Sal's second year on the boys' varsity basketball team.



Sophomore Mike Minarich jumps high while trying to signal his teammates to pass him the ball. This was Mike's second year on varsity.

Rafael Price, sophomore, jumps high above his competition while focusing on shooting the ball.



Eli Gregory, sophomore, jumps high at the start of the game with an attempt to gain possession for the team.

Coach Kevin Persley gives a few pointers during a match. Kevin also coached boys' baseball.

Starring Down the Opponent

This year's varsity wrestling team started out with twelve people and ended up with eight people, two being seniors. The captains were senior **Mike Lopez** and junior **Ryan Garner**. This year the wrestling team was 8-22. Individually the team was 118-105. The MVP was Mike Lopez and MIP was **Ramon Verduzco**, junior. This year's boys' team took three people to first

round regionals. Mike Lopez, senior, went to the first round and lost to returning state champ Alex Ramos. Mike ended the season with a 23-5 record. Paul Arnold, senior, went to the regionals also and lost during the first round. Paul was also 16-4 for the season. **Steve Zon**, junior, went to regionals and lost first round as well. Steve was 17-5 this year.



Varsity Wrestling	
F-22	
WF	Whaling
W	Gary Wirt
W	Lew Wallace
W	Hobart Super Dual
W	Portage
W	Lake Station S Dual
W	Mich City Mang
W	Kankakee Valley
W	Amidon



Varsity Boys' Wrestling Team: front row: Becky Cisneros, Ryan Garner, Mike Lopez, Dmitriy Tzitzarin, Joe Nuzzo, Rene Garcia, Anthony Ortiz; back row: Coach Brian Vance, Benard Jansen, Mike Gonzales, Paul Arnold, Matt Lopez, Ramon Verduzco and Coach Kevin Persley.



Paul Arnold, senior, works for a pin against Kankakee Valley. Paul was 16-4 this season, and he was also named Mr. Football earlier in the year.



Joe Nuzzo, sophomore,
fights for a spiral ride.

Steve Zon, junior, sets up for his take down. Steve was 17-5 this season and he also participated in varsity football.



Junior Ryan Garner stops his opponent's shot with the sprawl. Ryan was 17-4 this season, and he was also captain of the team.

Fancy Footwear



"My most memorable moment was when I pinned the guy from Andean," said Becky Cisneros.





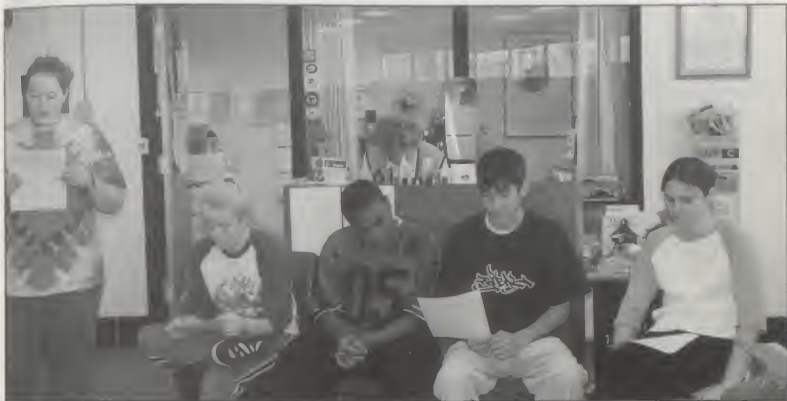
Senior Lety Verdusco and Mrs. Sandra Mihalik stand in front of Mrs. Mihalik's fifth hour English class and perform a scene from the play *A Midsummer Night's Dream*. Mrs. Mihalik's senior classes spent the first half of the second semester weeks in the round working on this play.



Eighth graders Michelle Muniz, Carlos Richard and Andrew Knies stand in front of their sixth hour English class to act out a part of *Anne Frank* for the class. Another activity the class had been working on during the year was that they made books and read them aloud to ABC Bible School.



Juniors, Wendy Pacely, Adarius Gunn, Ramon Verducco, Pia Squires, along with other juniors in Mr. Hughes' class await their turn to give their presentations on people of the twenties. Each student was to choose a person to write about and read their papers aloud to the class.



To the Past and Beyond

What would happen if you could glance through a mirror and see what the mirror saw in the past? In English, history and art classes the students read and learned about people of the past. It may not be like a mirror but using the books helps them to see what others did.

English classes read novels, seventh graders, works to draw her shapes correctly for her seventh hour art class. All the students used stencils, crayons, rulers, and anything else to make their picture look good to complete them.

Rubisela Mendoza, seventh grader, works to draw her shapes correctly for her seventh hour art class. All the students used stencils, crayons, rulers, and anything else to make their picture look good to complete them.

freshmen classes went to see *Romeo and Juliet*, sophomores saw *Julius Caesar* and seniors were able to see *A Midsummer Night's Dream*.

History classes learned the way that the governments ran and how the societies had been. Civics classes wrote papers about countries. U.S. History classes learned about people of the past by watching movies, and acting out skits.

Art classes learned about the artists of the past by looking at pictures of the types of work that the artists did. They made things such as paintings and clay objects.

Many say that learning about the past could be boring. However, by being able to get out of your seat and act things out or make different items as the students were able to do in these classes learning about the past can be fun.



Senior **Becky Chirch** makes the first cut into her French chicken crepe during the French field trip to *Vie de France*. On this day the class visited Water Tower Place in Chicago for a bit of shopping during their field trip.

High school band members play through the halls to gather all the students to go to the gym for the Football Homecoming assembly. The members who participated played "Go Big Gold" from the band room around the upstairs and then through the junior hall to the high school gym. This has always been a tradition of the school.



Eighth grader **Paulina Ballesteros** sits and works on her drumming skills during her sixth hour beginning band class. Along with other students, Paulina is learning to play an instrument that will find her a role in the high school marching band. Others this year got a chance to go to Florida to march with the high school band.





Mrs. Virginia Scholl's third hour choir class practices the songs that they learned throughout the year. The choir students sang some of the songs at assemblies and at the junior high honors breakfast.



From One Style to the Next

Starting early in the morning or throughout the day, these classes learn something of a different style, ranging from music to a language. These subjects get the full experience.

Spanish and French classes learn to speak the languages of the people of that country. They even celebrated the holidays of each country by bringing in food items that would be eaten by

the people in the country. The French classes put together masks, floats and reports when studying Mardi Gras. The Spanish classes went to each elementary and sang Christmas carols to celebrate Christmas.

The band classes learned how to play various types of music starting from marching music to jazz music. The high school marching band even

went to Florida this year to march in the Magic Kingdom Parade.

Choir classes learned to use their voices to sing songs that they learned during the year.

The band and choir classes held a concert in the spring for the parents of the students to demonstrate what songs they learned to play and sing throughout the year.

Stephen Alexander, senior, adds on more materials to his mask for Mardi Gras so that he might have the best mask in class. Steve's group received fourth place. The French classes also had to write a report and make a float to celebrate Mardi Gras.



Amber Coleman, seventh grader, works on her assignment for health class. Health is one of the classes that all students are required to take in junior high.

Skills for a Lifetime

The things you learned in school will be remembered for a lifetime. The courses on these pages will not only be remembered but used forever. The classes here teach how to cook, sew, work with varieties of materials and how to care for themselves and their young.

Child development classes care for

electronic babies and boiled eggs to use the skills that they were taught throughout the course of the year.

Woods and metals classes used their supplies to make different items throughout the year. They made such projects as tables and lamps.

Health classes learned about the human body and ways

to keep in shape.

Home economics classes learned to prepare different recipes and how to sew. They made a Thanksgiving and Christmas feast and sewed such things as aprons and pillows.

No matter which of these classes you've taken, the skills that you learn will be with you in life forever.



Junior High student **Kim Rust** works on her apron for her seventh hour home economics class. The students also were able to make pillows during the class.



Gabriel Espinoza, freshman, slices a piece of wood to build his project for his sixth hour woods class. Along with this, the class worked on tables and many other projects throughout the year.





Melissa Hinkle, sophomore, relaxes after eating the meal that they prepared for a Thanksgiving feast during fourth hour. The class also made other foods such as pizza throughout the year.



Brandon Balogh, seventh grader, sets his sewing machine to begin to work on his apron during seventh hour. All students in the class were required to make an apron for the class.



Teresa Jansen, seventh grader, diligently prepares an assignment using a computer for class. Teresa also participated on the seventh grade volleyball team.

Getting The Know-How

When it comes to school you sometimes hear students in the hall expressing their opinions on how they will never use any of the information that they are given by the teachers. In some cases that's not true.

With the way computers have come into effect in this century, having the know-how to use them can come in handy for any student. Computer classes this year

learned to type, use Microsoft Word and find information on the Internet.

Science classes learned about the environment and how to protect it. They also tested gun residue to solve a mystery.

Math classes learned the mathematical know-how to solve problems in the real world. Mr. **Jason Quigg's** calculus class wrote reports about mathematicians and

created costumes to match the way in which their mathematician would dress to give the reports during class.

Newspaper and yearbook classes worked hard to finish each page that is due for their deadlines. Both classes worked to produce the best publications that they could.

In all these classes the students go that extra mile to meet their goals for their class.



Melissa Crum, sophomore, works in her book for her Earth Science class during sixth hour. The class had been working on their periodic tables.

Paulette Blankenship, seventh grader, practices her sewing skills during her home economics class. During the grading period Paulette's class worked on such projects as pillows and aprons.





Junior Ruth Norman views the newly drawn cover for the 2000 yearbook. This year's design was drawn by Jason Welch, an artist for Walsworth Publishing Company. The staffers who were able to view the drawing also had some fun while Jason drew "The Evil Duck" for them.



Senior Richard Baron stands up in front of his fourth hour calculus class to read his report on mathematician, Rene Descartes. Each student in Mr. Jason Quigg's calculus class was given a mathematician and was told to write a report and dress as they think the person would dress during the era to present their report.

Jason Perez, junior, toots his trumpet to the improvisational tune, *Power Trip*. The tune was played at the elementaries for the pep band tours and Jazz Fest XXII.

Josh Barnes, freshman, inspects the crawfish appetizer served to him at Hot or Not Cajun Cuisine in Portage. Field trips became popular in the spring as weather turned warm and streets were less dangerous.



CLOSING THE GAPS

Flowers filled gardens and sunshine filled the blue skies as the end of the year rapidly approached. The unusually warm temperatures added to the spirits and events of the busy and friendly season.

As the spring flowers bloomed, students began to assume new responsibilities. The seniors had to make choices that would influence their lives after graduation. Juniors had to experience the many responsibilities that they would have to face as the leaders of school next year. Eighth graders began to learn what

it might be like to be a freshman.

As the year quickly came to a close seniors spent the little time they had left in high school with close friends and classmates. The traditional Florida trip provided time to spend together. Prom was another chance they had together. Seniors and juniors spent the night dancing and conversing with each other.

Many students and teachers worked together to put the future into the right perspective. Each member of the community worked together and went the extra mile to make the future a success.

Going the

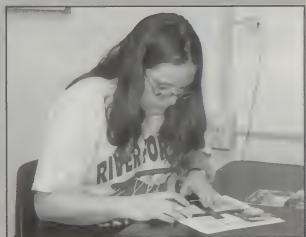


Extra Mile

Freshman **Rene Garcia** attaches a feather to his Mardi Gras mask in his fourth hour French I class. The class was celebrating Mardi Gras, the March holiday of French origin that was the last day to feast before the lenten season.



Andres Verduzco, freshman, catches an extra roll of quarters to call home with from Florida. Approximately 82 students left school in March to spend the week in sunny Orlando, Florida.



Senior and third year yearbook staff member **Tababtha Harrison** puts the finishing touches on the 2000 *Ingot* yearbook. Tababtha along with several other staff members stayed after school in the spring to finish the book.

Art Ragen and **Melissa Bodlovich** take a break from dancing at the life skills dance. This was the first dance held for the life skills students. The theme of the dance was "Somewhere Over the Rainbow" and the decorations were made by the students.



M-I-C-K-E-Y M-O-U-S-E

Basking in the sun and 80 degree weather is just what the River Forest band encountered while in Florida.

Tuesday, March 21, the band left River Forest High School enroute to Orlando, Florida. They spent four days and three nights at the Diplomat Hotel.

The band partici-

pated in Walt Disney World's Magic Music Days parade.

On Thursday, the band started off the parade and marched down Main Street.

This was the tenth trip that the band has taken to Florida. This was Mr. Slater's last trip. He is retiring in 2001.

Pouring her heart out, Ms. Kitty sings *Your Cheatin' Heart* to Mr. Ray Ostrander at Wild Bill's. On Friday, the band also attended Animal Kingdom and MGM Studios.

Pretending to be a kid again, sophomore Kara Komenich mischievously plays in the jumping fountain at Epcot after viewing *Honey I Shrank The Audience* 3-D show.



Cooling off from the sweltering weather, senior girls lay around in the lazy river at Blizzard Beach. Later that day, the band went to Epcot to view Illuminations 2000.

Sporting his new look, Mr. Weldon Slater tries on his new Hard Rock Cafe leather jacket. Each student and chaperone donated money to buy the jacket as a gift for Mr. Slater for all of his hard work throughout the years.



Marching down Main Street, the River Forest band participated in Walt Disney World's Magic Music Days parade. The band had to audition and be accepted in order to go to Florida.



"Ice Ice Baby" rap juniors Tim Lyle and Angel Rosado at the karaoke lounge. Many students sang karaoke while others chose to swim or play arcade games.



STEPPING UP



What was your favorite part of the Florida trip?

"Illuminations. The sky lit up with every color you could think of," said Ed Stojancevich. (Picture taken after riding Tower of Terror.)



Chowing down at the Magic Kingdom, senior **Brooke Ostrander** devours a turkey leg from Frontier Land. The band marched in the Magic Kingdom on Thursday.

Freshman Rachel Guerrero and her brother Phil Guerrero begin to do a Michael Jackson impersonation. Phil is a former graduate of River Forest class of 1998.

A Prom to Remember

The Grand March started off the fun filled night of prom. At 6 p.m. the couples majestically marched into Andora Hall.

After the Grand March the dinner consisted of lemon-rice soup, carrots, roasted potatoes, roast beef, ham, chicken and peppermint ice cream for dessert. By then it

was 8 p.m. and time to take pictures or to make your way out to the dance floor.

By 8:30 p.m. the dance floor was filled with dancing fiends. The magical music was supplied by Entertainment Express. During the song *Mambo #5* the girls exchanged their garters for the guys' bow ties.



STEPPING



What did you think of Prom?

"I thought that it was great. I hope that next year's prom is as fun as this year's," said junior Jason Tschopp.



Mike and Lori Barker dance slowly to a song during 2000 prom. They were unable to attend their prom in 1975, so as an anniversary gift to each other they attended the 2000 prom. "It was an experience we'll never forget. Thanks so much," stated Mike Barker.



Tracie Mezera, senior, participates in the song *YMCA* by the Village People. Many people did the hand motions to the song just for fun.

Junior Courtney Krasoczka dances wildly around the dance floor. After prom Courtney and her date went to White Castle for a midnight snack.



"I Will Remember You" was the theme this year for prom. The Junior Class officers chose the tickets for the event. A group of River Forest girls are pictured behind the image of the ticket.



Seniors Ricky Baron and his date Callena Burns dance to a fast song. Ricky was the valedictorian of the class and Callena was the salutatorian.



Mrs. Pat McNabb conducts the Grand March by announcing the names of the couples as they enter. The Grand March is a River Forest tradition for prom.

John Horn prepares for graduation practice by putting on his hat. Seniors were also required to wear their caps and gowns for awards day.



Senior girls watch as awards are handed out. The awards assembly allowed the class to practice marching in for the later graduation.

“We’re outta here!”

Throughout high school and perhaps even junior high, many students looked forward to the same night. That anticipated night would be graduation. As the June 6 date for the graduating Class of 2000 grew nearer, seniors realized that they might not have much time to spend with their classmates before they proceeded with their lives in various directions.

Activities were scheduled to incorporate the seniors' few and last days of high school. Thursday, May

1, the annual awards ceremony was held. Instead of having two separate ceremonies, one was held for all students.

Friday, May 2, was the Senior Breakfast. After eating, the class boarded the busses and headed to Wrigley Field for the Senior Class trip.

Graduation practice, lunch and the traditional baccalaureate were held on Monday. Final arrangements were made and the big day was Tuesday. At 6:30 p.m. students marched down the aisle and services began. The students were then released into the real world.



Denise Kennedy adjusts her robe in preparation for the baccalaureate ceremony. Seniors had the choice to attend the ceremony or wait quietly outside in the gym lobby.



Joshua Vandevener leads the boys to their seats for the baccalaureate. The ceremony was led by Shane Smith.



STEPPING
UP



What did you think
of
senior week?

"I had fun spending
time with my
friends,"
said Senior Ricky
Baron.



Mr. Joe Burleson
explains what the Joe
Burleson Sportsmanship
Award is. This year
Tracie Mezera received
the scholarship.

Christa Serles proudly
accepts her band award
from Mr. Rick Cheek. This
year the senior awards
assembly was held with the
underclass awards.

Sophomore Neil Starkey receives an award for metals from Mr. Paul Murray. Neil has been in a metals class for two years.

STEPPING UP



From this year on, when you received the most valuable new staff member award for newspaper?

"I was surprised, I thought that there were many other students who have gotten the award," stated freshman Josh Barnes.



Almost Finished

For some, awards day means the end of their first year of high school. For others it means there is only one more year left, and for the seniors it meant a closure to their years of high school.

This year the underclassmen and senior awards were held on the same day. On Thursday, June 1, students and faculty gathered into the gymnasium. The ceremony was held during first, second and third

hours.

Many students were honored with awards, gifts plaques and trophies. Awards included band, English, choir, journalism, and many others. Scholarships were also awarded to seniors at this time also.



Freshman **Melissa Arnold** gets an award for her excellence in math, while **Dwayne Durk** waits for his award in algebra. Math awards included Algebra I and II, geometry, trigonometry, pre calculus and calculus.

Mike Guzman, sophomore, receives an award for computer programming. Mike was also given an award for band.



Freshman Michele Harper receives an award for her achievement in English class. Michele also received an award for her effort in physical education.



Dennis Emmart, junior, receives an award for choir during the awards assembly. This was Dennis' first year in choir. Dennis also received an award in art.

Mrs. Sandra Mihalik and Adriana Tellez pose right after Adriana received the "I survived five years with Mihalik" award. Adriana received a T-shirt with a picture of her and Mrs. Mihalik on it.

Recognition Given to Seniors

This year's awards day was quite different than the other years. Usually, the senior awards and the underclassmen awards are given out on different days. This year, the senior and the underclassmen awards were given out on the same day.

The seniors started the awards ceremony by marching into the gymnasium while the band played *Pomp and Circumstance*. After

that the students stood up to show respect while the band played the National Anthem.

Many awards were given out to the seniors in many different subjects. Math, science, English and band were just a few of the subjects for which they received awards. The seniors sat quietly as they knew it would be the last high school awards ceremony they would attend.



STEPPING
UP



What did you
think of
the awards
ceremony?

"I thought that
the ceremony
was very nice and
I liked it a lot,"
stated senior
Angelique
Wilson.



Seniors Annie Kearby and Elizer Fontanez hold up a plaque for outstanding Industrial Arts. Both Annie's and Elizer's names were added to this plaque.

Senior **Becky Philippe** receives an award for art from **Mrs. Komosa**. Art awards were given to art students who have been in art for one year or more.

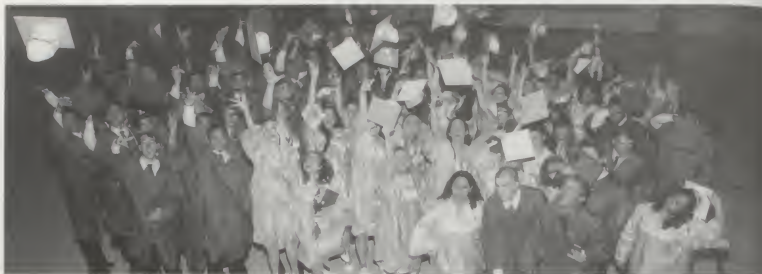


Senior **Tabatha Harrison** receives her four year band award from **Mr. Rick Cheek**. Tabatha was the secretary and treasurer of the band. She also played the clarinet in the band.



Seniors **Leticia Verdusco** and **Richard Baron** show off the State Finalist Decathlon banner. This was the first year that the Academic Decathlon team ever made it to state.

The Senior Class shares one more moment together after the commencement ceremony. The ceremony began at 7:30 p.m. and was approximately 90 minutes long.



STEPPING
UP



What did you
think of gradua-
tion?

"It was all
excellent, and I
was proud to
finally get my
diploma," stated
Malinda Burge.



Malinda Burge gives her friends one last hug at graduation. Many hugs were given during the night as the seniors realized that this was finally it.



The guest speaker, **Mr. Hughes**, addresses the seniors on preparing for the future. Mr. Hughes retired in 2000, after 34 years of service to River Forest High School.

Becky Chirch gives the benediction for the seniors at the ceremony. It began the commencement ceremony for the seniors.



Josh Vandevender and George Mendez sing at graduation. The boys also participated in a trio at the Christmas Assembly.



Before the students leave the gym, the graduates change their tassels. This officially signifies that the seniors are now alumni.



Andy Degman shares his reflections with the Senior Class. He was the Class of 2000's president.

Turning the Final Page

After twelve years of hard work and determination, the Class of 2000 was at the final page of their chapter at River Forest.

The commencement ceremony was held on June 6 in the Bill Logan Gymnasium and started at 7:30 p.m. It was the conclusion to a week dedicated to having the seniors participate

in many activities in order to spend a few more times together.

The seniors listened to the band and choir perform with their fellow seniors one last time during the evening. They also heard the scholastic speakers from their class. All of these moments led to the playing of the class song of Sarah McLaughlin's *I Will*

Remember You.

Finally, roll was called and diplomas were distributed. The Senior Class of 2000 was now River Forest alumni.

After the ceremony, friends and family congratulated the seniors in the elementary gym. The seniors took one last picture together, and then they left to start a new chapter in their lives.

Hours Pay Off

Extra hours after school, late hours at night and many A's throughout high school is what the students who made top ten had to do to make it where they are.

Along with all the hard work for their classes, these students also held jobs, played sports and made time for their friends. It wasn't easy for them to balance all they did and

still make the grades they needed to stay on the top, but they all achieved it.

"It is a great honor to be recognized in the Top 10," states Valedictorian **Richard Baron**.

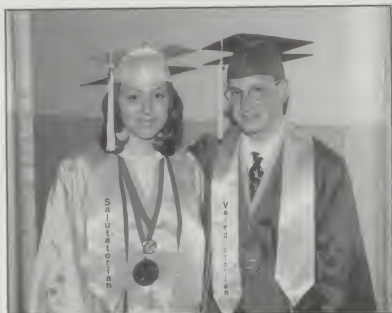
"There were many sacrifices made on all our parts, but in the end it was worth it," agrees Salutatorian **Callena Burns**.

Being part of the

exchange student program this year, River Forest got an exchange student from Russia. RF would like to congratulate him on his academic excellence this year at River Forest. **Dmitriy Tzitzarin** worked hard to keep up with school work while being in a new school and country for the first time. He hopes to go to college here as well.

Salutatorian **Callena Burns** and Valedictorian **Richard Baron** take a moment before the ceremony to pose together as classmates. They were excited to have received this honor.

Tracie Mezera receives the Joe Burleson Sportsmanship award. Tracie participated in many sports in high school during her four years. She participated in basketball, tennis, and volleyball.



Callena Burns finished her high school years as salutatorian. Callena also participated in cheerleading and track and field. She was also in French Club, Honor Society, Academic Decathlon, Drama Club and marching band.



Richard Baron graduated as valedictorian of the Class of 2000. Richard also participated in Academic Team, Decathlon, Super Bowl and Spell Bowl.

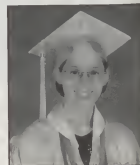
Paul Arnold ranked third in the Class of 2000. Paul also participated in football, wrestling and golf. He was also on Honor Society, Spell Bowl, Academic Team, Super Bowl and was nominated Mr. Football.



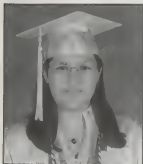
Tracie Mezera graduated fourth in the Class of 2000. Tracie also participated in basketball, volleyball, tennis, Spanish Club and Honor Society. She was also voted Post Tribune player of the year for basketball.



Victoria Wallace finished fifth in the class. Victoria also participated in cheerleading, marching band, Spanish Club and yearbook. She was also a class officer her sophomore and junior years.



During the graduation ceremony on June 6, 2000, the seniors take a moment to give their friends one last hug and share their last few moments together as a class before they all go their separate ways. They spent this time listening to their class song / *Will Remember You.*



Leticia Verduzco ranked sixth in the Class of 2000. Leticia was in the marching band, co-director of the pep band, Spell Bowl, Academic Decathlon, Super Bowl and participated in Honor Society and softball.



Andrew Degman graduated seventh in his class. Andrew participated in football and golf. He was also in Spell Bowl, newspaper, Academic Decathlon, Boys State, Super Bowl and was the Senior Class President.



Rebecca Chirch finished eighth in her class. Becky participated in basketball and tennis during high school. She was also part of the Honor Society, Miss Ingot Spirit and editor of the newspaper.




Jessica Sutton ranked ninth in the class. Jessica was in volleyball, basketball, track and field and softball. She was also in Honor Society, marching band, Student Council and was Junior Class Treasurer.



Annette Piesyk finished tenth in the Class of 2000. Annette also participated in cheerleading and track and field.

STEPPING UP





How do you feel about making the **Top 10?**

"I am proud of myself. Making Top 10 shows everyone else how hard I have worked throughout the past four years," stated **Annette Piesyk**.

Mr. Ronald Hughes' fourth hour class works on their skits. They acted out parts from the movie "Cross of Fire."



Mrs. Pat McNabb gives a few tips before the court walks into the gymnasium at the Homecoming game.



STEPPING
UP



What was your
feeling about this
year?

"This was one of my
best years teaching
at River Forest. The
band accomplished
all the goals that they
set," stated Mr.
Weldon Slater.



Mrs. Kathy Hooks gives some pointers to sophomore Elizabeth Hall for her DNA testings. Mrs. Hooks won the Quill and Scroll Teacher of the Year Award in 1999.



river forest

river forest high school of science and technology

Mrs. Virginia Scholl directs the choir in the high school gymnasium for a concert they were performing.



Mr. Rick Cheek announces the next song as the jazz band prepares to perform at the Christmas singalong.

Senior Tabatha Harrison presents the Quill and Scroll award to Mr. Ronald Hughes. This was his last year teaching U.S. History, civics, and government.



And the Winner Is...

Each year Quill and Scroll honors a teacher nominated to be the Outstanding Teacher of the Year. This year the award was presented to Mr. Ronald Hughes by senior and society president, Tabatha Harrison. The nominations and voting for this award are done by the teachers and the award was presented to the

winner on awards day. At the end of the year Mr. Hughes retired after teaching here since 1964.

River Forest lost three extraordinary educators this year. After teaching mathematics here for many years, Mr. Davee Muir passed away after fighting cancer. Miss

Terry Watkins who taught computer education also passed away after retiring from 29 years of teaching. Mr. Ken Richardson, the principal at Meister Elementary, was also diagnosed with cancer. He passed away in the beginning of October. River Forest will greatly miss them.

Junior **Becky Cisneros** focuses on jumping over a hurdle in the 100 meter hurdles. This was Becky's third year on the girls' varsity track team.

Toni Kenedy, sophomore, leaps high above the high jump bar. Toni placed first at the NAC Conference in this event. She has participated in track for two years.



Fancy Footwear



"I will never forget the Hanover relays. They are the most challenging," said senior **Malissa Burge**.



Senior **Leticia Verduzco** tosses the shot in the NAC Conference meet. The girls' varsity track team placed fourth at the conference.



Samantha Pieszchala, senior, sprints to the finish line in the 100 meter race. This was Samantha's first year on the track team.



Girls' Varsity Track Team: front row: Malissa Burge, Becky Cisneros, Jessica Sutton, Jeanine Songer, Natalie Quinlan, Samantha Pieszchala, Annette Plesyk, Elizabeth Hall; back row: Coach Pam Garrison, Sandra Manzo, Victoria Tschopp, Leticia Verdusco, Kara Komnich, Amber Alexander, Melissa Arnold and Toni Kenedy.



Girls' Junior High Track Team: front row: Jennifer Guzman, Lisa Wallace, Monica Solis; row2: Danielle Walker, Christina Collazo, Jody Soliday; back row: Coach Rodney Thompson, Ashley Sutherland, Marie Solis, Rocio Cisneros, Michelle Joseph, Amber Morris and Coach Mike Lyons.

Taking a Leap

The 2000 girls' track team started slowly. With only six returning members, the team had to take a step up in leadership and ability.

The team ended their season placing fourth at the NAC Conference. Leading

Sophomore **Elizabeth Hall** soars above the long jump pit while focusing on winning. This was Elizabeth's second year on the track team. She also competed in the 400 by 100 relay.

the squad through the season was senior **Malissa Burge**.

Other team members that stepped up to reasonability were sophomores **Elizabeth Hall** and **Toni Kenedy**.

The girls' varsity track team ended their season 1-11.

Girls' Varsity

Track

1-11

Opp	W
Lake Station	W
Oregon-Davis	W
Hebron	W
Morgan	W
Washington	W
Marquette	W
South Central	W
Hatfield	W
Boone Grove	W
Calumet	W
Kankakee Valley	W

Girls' Junior High

Track

3-7

Opp	W
Lake Ridge	W
Willow Creek	W
Washington	W
Hatfield	W
Boone Grove	W
Harrison	W
Lake Station	W
Michigan City	W
Lake Station	W
Harrison	W

Junior **Steve Zon** spins in a power throw during the discus field event. This was Steve's second year on the boys' varsity track team.

Breaking Records

This year the 2000 boys' varsity track team was led by new head coach, **Sherwood Haydock**.

The team had new records to break and an old record to which to stand up.

Leading the squad were juniors **Harry Manos** and **Jason Tschopp**. Sophomore

Rafael Price broke a ten year record in the 100 meter sprint.

Assistant Coach **Brian Vance** worked with the field event participants. He showed them skills to help improve their throwing and jumping ability.

The squad ended their season 7-4 in dual meets.

Boys Varsity Track 7-4

RF		Opp
W	Lake Station	W
L	Oregon-Davis	W
W	Helbron	W
W	Morgan	W
L	Washington	W
W	Marquette	W
L	South Central	W
W	Harover	W
W	Boone Grove	W
L	Caswell	W
W	Kankakee Valley	W



Boys' Varsity Track Team: front row, Harry Manos, Jason Tschopp, Justin Carlson, Robert Ordway, Dustin Coleman, Robert Saylor, Matt Lopez; back row: Coach Sherwood Haydock, James Cruz, Brandon Crawford, Rafael Price, Edgar Ramos, Stacy Gumm, Steve Zon, Emmanuel Garibay and Coach Brian Vance.





Sophomore **Rafael Price** pushes himself and gains the lead in the 100 meter sprint. Rafael broke the school record in this event that stood for ten years.



Freshman **Mike Fay** jumps high to gain feet in the long jump event. This was Mike's first year on the boys' varsity track team.



Senior **Frank Caporale** throws the shot in an attempt to place in this field event. This was Frank's fourth year in track.

Fancy Footwear



"My most memorable moment was when I broke the school record," said sophomore **Rafael Price**.



Sophomore **Charles Roth** watches the ball after a powerful swing. Charles was a two year letter winner for the golf team.

Junior **Daniel Vandevender** puts the ball to get it toward the cup at Cressmoor Country Club. Daniel's record was 5-0 this season. He also started varsity this year for tennis.

Varsity Golf 5-7

RF		Opp
L	EC Central	W
C	Hammond Morton	W
C	Wallace	W
L	Hammond Gavett	W
T	Hobart	W
W	Lake Station	L
W	Boone Grove	L
L	Wheeler	W
W	Hanover	L
W	Gary	L
W	Columet	L



Varsity Golf Team: front row: Charles Roth, Ed Stojanovich, Daniel Farthing, Brant Heavilin, Daniel Munoz, Josh Halcomb, Coach Jack Burton; back row: David Hall, Paul Arnold, Josh Vandevender, Richard Butchko, Daniel Vandevender, Jonathan Horn and Salvador Montes.

Brant Heavilin, sophomore, taps a putter toward the cup. Brant was also on the golf team last year. Their best score at home was 181.





Senior **Paul Arnold** attempts to hit the ball onto the green. Paul was also a four year letter winner for the golf team.

Fancy Footwear



"The guys had some fun times this year but we worked hard and had a good season," stated sophomore **Brant Heavilin**.



Making the Most of It

This season's golf team had a new coach, Coach **Jack Burton**. The team was 11-6 for the season.

"The golf team is the best it has ever been in RF history," said coach **Jack Burton**.

The team voted and nominated **Paul Arnold**

MVP and **Josh Vandevender** MIP. The team's funniest moment was when **Daniel Munoz** got disqualified.

The players who will be returning next year are **Brant Heavilin**, **Daniel Vandevender**, and **Charles Roth**.

Sophomore Jessica Lemmon leads the crowd in a floor cheer. This was Jessica's first year on the JV squad.



Senior Annette Piesyk leads a chant during football season. Annette was the basketball co-captain this season.



Freshman Tara Camarena flies a double base elevator while freshmen Rebekah Free and Crystal Salzer base her.

The varsity cheerleaders perform a jump during one of their floor cheers.

Fancy Footwear



"I will never forget the game I fell and busted my chin. That was my most embarrassing moment of the season," said senior Callena Burns.



Varsity Cheerleading Team: front row: Samantha Piesczals, Callena Burns, Brooke Ostrander; back row: Christina Burns, Annette Piesyk, Anne Kearby and Sarah Saylor.

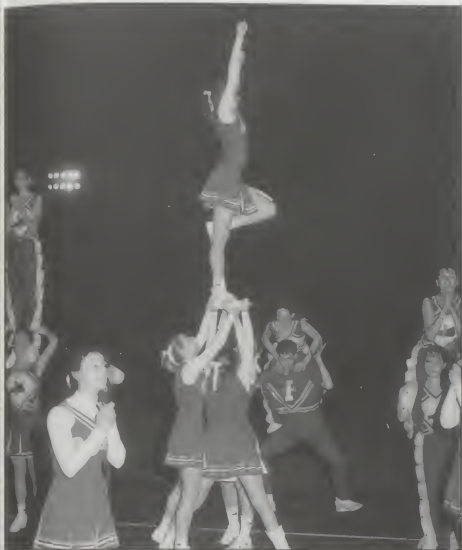


JV Cheerleading Team: front row: Jessica Lemmon; row 2: Vanessa Walley, Tara Camarena; back row: Jacqueline Nord, Rebekah Free and Crystal Salzer.



Seniors Annette Piesyk and Callena Burns, junior Christina Burns and sophomore Sarah Saylor pose for a picture before the Basketball Homecoming game. The cheerleaders made a run through for every home game for the boys' varsity basketball team.

Junior **Christina Burns** flies a straight up extension lib, while seniors **Callena Burns** and **Annette Plesyk** are responsible for getting her up. **Brooke Ostrander** acts as the back spot. This stunt was performed often for football and basketball games.



The varsity cheerleading squad performs a cheer for the Basketball Homecoming pep assembly. The cheerleaders used this cheer for the Midwest Cheer and Dance Competition held at Highland Hall. The squad placed sixth at this competition.



Senior **Samantha Pieszchala** cheers at the Football Homecoming game and tries to encourage the crowd to cheer. Samantha was co-captain during football season.

Getting the Crowd Involved

Jump, stunt, and tumble. These words described the River Forest varsity cheerleaders.

This year the varsity cheerleaders were led by a new Coach, **Tricia Miller**.

The squad chose captains **Callena Burns** and **Samantha Pieszchala** during football season and seniors **Brooke Ostrander** and **Annette Plesyk** during basketball season.

Throughout the year, the cheerleaders

had fund-raisers to help defray the cost of their new uniforms.

Hard work and dedication was required at the end of the season. This was to prepare the cheerleaders for competition on March 5. The squad placed sixth at the Midwest Cheer Competition.

Brooke Ostrander was later announced MVP and senior **Annie Kearby** and sophomore **Sarah Saylor** were announced Co-MIP at the end of the season.



Senior **Brooke Ostrander** cheers while trying to encourage crowd support on Homecoming night. This was Brooke's second year on the varsity squad. She was also co-captain during the basketball cheerleading season.

Sophomore **Leslie Blankenship** practices on her back hand before her match. Leslie was on the varsity team.

The Old and New

Another year of tennis goes by and for the seniors it was their last year to play. **Tracie Mezera** was one of the seniors no one will forget. Her record for her high school career was 60 wins and eight losses. Tracie was named Most Valuable Player by her teammates this year and **Becky Chirch**, a senior who will also be missed, was named Most Improved Player.

Returning players will be **Fernanda**

Heridia, Taylor Wilson, Leann Cicillian, Amanda Alexander, Heather Rogyom and Leslie Blankenship. The junior varsity team, although made up of mostly freshmen, had a good season. Coach **Al Deterline** said that he is hoping to keep all the girls interested in tennis. He hopes to teach them what they need to know to win so they can bring back another sectional trophy.



Varsity Tennis	
<p> Varsity Team Members Coach Al Deterline Leslie Blankenship Heather Rogyom Tracie Mezera Leann Cicillian Amanda Alexander Fernanda Heridia Nicole Reed Jeanine Songer Kristina Komenich Tonya Westmoreland Rachael Guerrero Elizabeth Persley </p>	<p> Varsity Team Members Coach Al Deterline Leslie Blankenship Heather Rogyom Tracie Mezera Leann Cicillian Amanda Alexander Fernanda Heridia Nicole Reed Jeanine Songer Kristina Komenich Tonya Westmoreland Rachael Guerrero Elizabeth Persley </p>



Varsity Tennis Team back row: Coach Al Deterline, Leslie Blankenship, Heather Rogyom, Tracie Mezera, Leann Cicillian, Kristina Komenich, Tonya Westmoreland, Taylor Wilson, front row: Becky Chirch, Rachael Guerrero, Elizabeth Persley, Fernanda Heridia, Nicole Reed and Jeanine Songer.



Jeanine Songer, freshman, practices her swing. Jeanine was one of the members of the junior varsity team.



Senior **Becky Chirch** hits a few balls back and forth before her match. Becky was named Most Improved Player this season.

Heather Rogyorn, sophomore, practices her serve during warm ups. Heather was number one doubles for varsity.



Senior **Tracie Mezera** practices her hitting during the match. Tracie was also named Most Valuable Player for this season.

Fancy Footwear



"I think we had a really good season and we hope to bring the sectional trophy back again next year," exclaimed freshman **Tonya Westmoreland**.



Getting prepared during a home game, junior **Steven Peek** waits for the pitch. This was Steven's second year on the varsity baseball team.

A New Beginning

This year's baseball team had a particularly good season. This year's record was 10-17 improving from last year's record which was 2-25.

The Ingots were coached by **Tim Gault**. This was Coach Gault's first year as varsity baseball coach. "We created some excitement

and a reason to be optimistic about the future of RF baseball. Many of the players are playing baseball this summer," quoted Coach Gault.

Senior **Jesse Catlin** was given MVP at the end of the year. The Attitude Award Winner was senior **Matt Kennedy**.

Getting ready for a game, the varsity players give each other words of advice.

Fancy Footwear



"We had a good season, which was a lot better than last season and I hope next season is even better," commented **Ryan Harder**.



Third baseman, senior **Matt Kennedy**, attempts to get an out at first base.



Hoping to get a hit, junior **Frank Nuzzo** concentrates on hitting the ball. This was Frank's second year on the team.



Ryan Harder, junior, slides into home scoring a point for the varsity team.



Pitcher Eliezer Fontanez pitches the ball hoping to get a strike. This was Fontanez's third year on the Ingot Softball Team.

First baseman, junior Jesse Catlin, prepares to get an out at first base. This was Jesse's fourth year on the varsity team.



Varsity Baseball Team: front row: Frank Nuzzo, Aaron Gutierrez, Ryan Harder, Matt Roach, Adarius Gunn, Eliezer Fontanez back row: Coach Tim Gault, Johnny Guzman, Matt Kennedy, Tim Lyle, Steve Peek, Jesse Catlin, Ed Cartagena and Coach Kevin Persley.

Boys Varsity Baseball

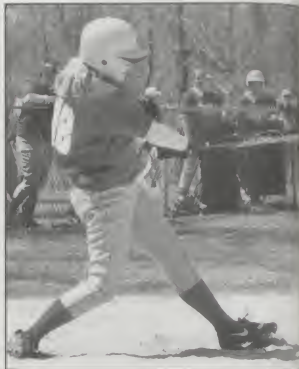
10-27

RF		Opp.
L	Morgan	W
L	Kankakee Valley	W
L	Hammond	W
W	Oregon-Davis	L
L	Calumet	W
L	Hobart	W
L	Griffith	W
L	Hebron	W
L	Hanover	W
L	Gavitt	W
L	Boone Grove	W
W	Oregon-Davis	L
W	Marquette	L
L	Washington	W
W	Lew Wallace	W
L	Wirt	W
W	Westville	L
L	Roosevelt	L
W	Lake Station	L
W	Argos	L
W	East Chicago	L
W	Oregon-Davis	L
W	Marquette	L

Third basemen senior, Suzy "Side Arm" Roth hurls the ball towards first base. Suzy was named NAC All-Conference. **Brooke Ostrander**, **Jessica Sutton**, **Courtney Krasoczka** and **Toni Kennedy** were also named NAC All-Conference.



Smashing the ball, **Ryan Duffy**, sophomore, makes an attempt to get a hit at bat. Ryan played first base for both JV and varsity squads. Her batting average was 208.



Girls Varsity Baseball

13-14

RF		Opp.
L	Morton	W
L	Morgan	W
L	Hobart	W
L	Hammond	W
L	Kankakee Valley	W
L	Washington	W
L	Hanover	W
L	Westville	W
L	Hammond	W
L	Wheeler	W
L	Argos	W
L	Writ	W
L	West Side	W
L	South Central	W
L	Hammond	W
L	Whiting	W
L	Marquette	W
L	Kouts	W
L	Lake Station	W
L	Westville	W
L	Washington Twp	W
L	Whiting	W



Softball Team: front row, Amber Carroll, Natalie Quinlan, Malleri Newcomb, Elizabeth Hall, Sandra Manzo; row 2: Annie Kearby, Andrea Neyhart, Jessica Sutton, Tabatha Harrison, Suzie Roth, Brooke Ostrander, Leticia Verduzco; back row, Coach Jason Quigg, Ryan Duffy, Toni Kennedy, Kara Komenich, Ruth Norman, Amber Alexander, Coach Ray Ostrander and Coach Joe Burleson.

Catcher, senior **Jessica Sutton** signals to her teammates where to throw the ball. This was Jessica's first year as catcher for the Ingots.



Sophomore **Toni Kennedy** begins to slide into home plate during the Washington Township Senators game. Toni was called safe and the Ingots were victorious.

Batter Up!

The 2000 Ingot Softball Team started the year out slowly, but began to come out on top.

Although the team started out the season 0-8, they ended the year with a 13-14 record.

The softball team had three goals to attain, having a winning season, winning conference and capturing sectionals.

The softball team

shared the conference win with Michigan City and South Central 3-1.

This year's captains were junior **Courtney Krasoczka** and senior **Brooke Ostrander**. Brooke was also awarded MVP this season. MIP was given to sophomore **Toni Kennedy** and senior **Leticia Verduzco**. The team was coached by **Jason Quigg**, **Joe Burleson** and assistant coach **Ray Ostrander**.



"Team on three! One, two, three...." After each inning the softball team huddled together to discuss what happened good and bad during the previous inning. "TEAM!"



rior, **Courtney Krasoczka** waits for the hit. This was Courtney's third year on the softball team. She plays shortstop for the Ingots.



Second basemen, junior **Amber Alexander** catches a line drive towards her. Amber was named NAC All-Conference Honorable Mention along with first basemen, junior **Ruth Norman**.

Fancy Footwear



"My most memorable moment was breaking Michigan City Marquette's no hitter against us in the NAC championship game," stated senior **Leticia Verduzco**.



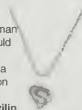
Trends

1
9
9
9



Sophomore **Jessica Lemmon** dressed in leather pants and a green shirt stops for a quick picture as she shows off the latest style.

This Superman emblem could be seen attached to a gold chain on the neck of **Brant Heavilin**.



Out with the Old in with the New

During the 1999-2000 school year many fashions and styles came around from capri pants to head scarfs.

All and all, students tried to maintain their own fashion awareness whether by wearing things in sync with the latest fashion

or by wearing things that are totally wild and crazy and out of style.

Styles come and go. In December the Old Navy tech vests were seen everywhere in the school, but by February they lost their coolness and were placed deep within people's closets.



Sophomore **Taylor Wilson** does her hair in a crazy style for school. Taylor wore many different types of hair accessories like feather, clips and bobby pins.



Matt Paul shows off his neon blue shoes as he walks down the hallway. His Converse cost \$110.

Senior **Stephen Alexander** struts down the hall with his black and white Adidas shoes. Stephen's shoes cost \$100 at the Southlake Mall.



Substitute **Jerry Flood** sports his new Airwalks to the students. His shoes were blue and burgundy and cost \$55.

Senior **Suzy Roth** purchased her Sketchers at Millers Outpost in the Southlake Mall. Her Sketchers cost \$55.



Junior **April Lewis** wears her black dress sandals with her green pants. April purchased her shoes at the Southlake mall for \$25.

Junior **Steven Peek** presents the pajama look at school. Many students pulled this look off when they felt like being comfortable at school.



Eighth Grader **Christina Collazo** moves her arms to show off her pouch on her jeans. The jeans flared out on the bottom which made them look even better.



Junior **April Lewis** wears a head scarf during the passing period. Head scarfs came in many different colors and styles.



Sophomore **Matt Paul** stands still as we admire his beaded necklace. Matt's necklace broke a week later and spilled all over the floor.



Senior **Paul Arnold** gazes at the view from atop the Great Arch in Saint Louis. Paul has been a member of the Honor Society for four years.



Brooke Ostrander, senior, performs "I'm a Little Tea Pot" while standing on a table.



Honor Society sponsor, Mrs. **Kathy Hooks**, holds up a Coca-Cola Monopoly game board that she found at a gift shop.

Senior **Richard Baron**, sophomore **Daniel Munoz** and juniors **Frank Nuzzo** and **Jason Tschopp** pose for a picture at Lincoln's tomb. Lincoln's tomb was visited by the Honor Society students on the way home from Springfield, Illinois.



Making History

When National Honor Society sponsors announced the Honor Society was invited to St. Louis the trip surprised everybody.

Through the countless hours of effort by the members, the trip was scheduled, rescheduled, put together, presented to the school board, and

okayed by the school board and the administration all in one month.

With hours of fund-raising, revisions and negotiating, the National Honor Society boarded the bus that was heading for a three day tour of St. Louis.

This was the first extensive trip ever

taken by the Joe Magarac Chapter of the National Honor Society.

With the success of this year, a walkway was paved for the future members of these organizations to go the extra mile and follow in the footsteps of the past. Hopefully along the way, they will add their own footprints.



Honor Society sponsors Mrs. **Kathy Hooks** and Mr. **Kirk Whiting** pose for a picture in front of a Victorian style house.

STEPS OF MEMORY



Pumpkin suckers that everyone detested.



Knowing that there are really two arches in St. Louis.



A student swears it's not his birthday. He even had his id.

Wonderful Writers

Extra effort and time were requirements for yearbook and newspaper staffs.

The yearbook class started the year off with five members. Gradually, five more were added.

The newspaper

class consisted of ten members.

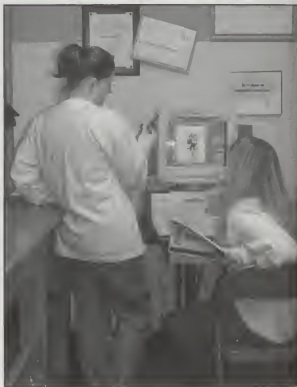
The two classes took a field trip together to sell ads. They went to Lake Station, Hobart and Portage.

Mrs. Danyelle Kozma advised both classes.

Tabatha Harrison, senior, watches the artist design the cover for the yearbook. The yearbook class went to the Walsworth workshop in Merrillville to get some ideas.



Yearbook members Holly Westmoreland, sophomore, and freshmen Ashley Ayres and Tonya Westmoreland try to warm up. They had just come in from taking pictures in the snow.



Sarah Saylor, sophomore, gets help from Mrs. Danyelle Kozma on how to cut out a picture. Cutting out pictures was a new addition this year.



Becky Chirch, senior, works on her newspaper spread. Becky has been the editor of the *Ingot Informer* for two years.

STEPS OF MEMORY



Andy Degman ditched class and got a referral.



Three people sold an ad to Bright Spot.



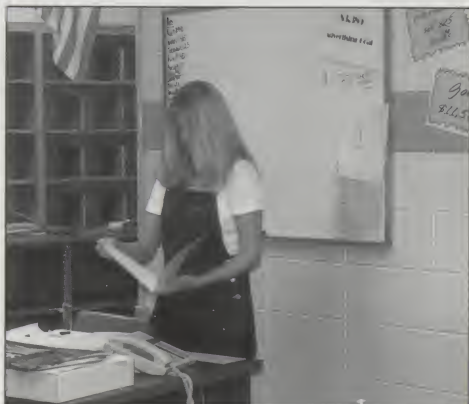
Yearbook class collected straws.



A student asked where the Brazilian exchange student was from.



Senior Lety Verduzco looks over her work. Lety was the assistant editor of the *Ingot Informer*.



Mrs. Danyelle Kozma looks at her records of who sold ads. This was her first year as yearbook advisor.

STEPS OF MEMORY



Jason Perez and Joe Nuzzo go to state for Solo and Ensemble.



Jazz Fest XXII took place in the Round on April 27 at 7 p.m.



The High School Choir sang for the elementary schools.



Mrs. Scholl joins River Forest.

Keeping The Music Alive

Both the band and choir participated in concerts throughout the 99-2000 school year.

The Jazz Band performed in the XXII Annual Jazz Fest in April. In February the Pep Band toured Meister, Evans, and River Forest Elementary

throughout the day and performed for them. During the year sophomore **Joe Nuzzo** and junior **Jason Perez** went to state to compete in Solo and Ensemble. They both got first place wins.

The choir was led by Mrs. **Virginia**

Scholl. This was Mrs. Scholl's first year as choir director. Members of the choir took time out of school and toured the elementary schools. They also performed at the Veterans' Day and Christmas assemblies. Junior high also had a Christmas program.



The junior high choir performs at the Christmas program. They performed in the Round at 7 p.m. Their friends and family were invited to attend.

Senior **Leticia Verduzzo** conducts *White Christmas* during the Christmas assembly. It is tradition for the band president to conduct this song while the faculty sings along.



Josh Halcomb, freshman, plays the baritone sax at the Basketball Homecoming pep session. Josh also played on the freshman basketball team.

Freshman Robert Ordway, sophomore Daniel Munoz, and junior Marialena Dominguez play the drums at the varsity girls' basketball game.



Mrs. Virginia Scholl leads the high school choir at the Veterans' Day Assembly. This was Mrs. Scholl's first year as choir director. Mrs. Scholl also teaches the eighth grade music class.

Experiencing Differences

This year the French and Spanish Clubs were involved in many activities.

Members of the Spanish Club participated in a volunteer program called "Christmas in September" where they helped repair a house.

Mrs. **Irma Cuevas** was the club sponsor. Positions were filled by junior **Becky Cisneros**, president; junior **Fernanda Heridia**, vice president; senior **Victoria Wallace**, secretary; and junior

Sandra Manzo, treasurer.

Mrs. **Danyelle Kozma** served as the French Club sponsor. Positions were held by senior **Callena Burns**, president; senior **Ricky Baron**, vice president; senior **Becky Chirch**, secretary; and senior **Annette Plesyk**, treasurer.

French Club visited the Museum of Science and Industry, the Art Institute in Chicago and three restaurants.

Freshman **Ivonne Vasquez** and sophomore **Beth Persley** work on their Mardi Gras masks. When the masks were completed they resembled butterflies.



Seventh hour Spanish students sing Christmas songs in the elementary. They sang *Silent Night*, *Jingle Bells* and other songs in Spanish.



Silvia Montes, sophomore, works on her project. Sixth hour Spanish students made ornaments and Christmas cards.

Freshman **Jackie Nord** and sophomore **Jessica Lemmon** sample crawfish. The French students took a field trip to Hot or Not in Portage.





Taylor Wilson, sophomore, samples foreign food at *Vie de France*. The restaurant is located in Chicago, Illinois.





Junior **Adam Baker** and Mrs. **Irma Cuevas** sell valentines. The Spanish Club sold balloons, candy and flowers for Valentine's Day.

STEPS OF MEMORY

 Malinda Burge's cookie supplies mysteriously disappeared.

 Spanish students went to the wrong Morton High School for a play.

 Wars between the ducks and devils.

 When Mrs. Kozma's room was turned into Peepland.

Working with Mrs. Kathy Hooks, senior Richard Baron puts another batch of the Otis Spunkmeyer cookies out of the oven. The Academic Team sold cookies on Tuesday through Thursday to raise money.

Mrs. Kathy Hooks speaks of the accomplishments of the members of the Academic Decathlon Team. Later the students left to go down state to compete.



STEPS OF MEMORY



Lety Verduzco finds
photo of the Academic
Team's lost child.



The jerk of the year
award was passed on to
Ricky Baron.



A rousing game of
truth or dare is played
on the bus ride home.



A group effort is put out
to participate in passing
a hacky sack.



Ryan Harder, junior, buys a dollar's worth of brownies in Mrs. Kathy Hooks' room. The brownies were bought through the Otis Spunkmeyer Company as were the cookies which were sold.

Junior **Sandra Manzo** stops by senior **Richard Baron** to buy a brownie during lunch. Along with brownies, the Academic Team sold cookies throughout the week. Brownies were sold on Mondays and Fridays.



Ready to Succeed

Over the years, River Forest once again surprised the community with success. Only this time sports took a backseat as the Academic Team and Honor Society dominated this year.

The Academic Team started and ended the year as usual. The year kicked off with Spell Bowl. Competitions were held at North Judson, Rensselear and Portage where the team

earned a third place. At the end of the year, Super Bowl saw the fine arts team taking ribbons at every competition with the first at home and second in Wheeler.

What made this year really stand out was the middle. Decathlon, the most grueling of the three competitions, started off optimistic yet apprehensive. Since many of the members

graduated last year the team had many new members. This made the team very young and naive to what lie ahead.

In January, the team found out exactly what lie ahead when it was announced that River Forest made state finals for Decathlon. It was the first time in River Forest history. River Forest came in ninth place in the state finals.



Academic Decathlon members talk among themselves as they wait for the assembly dedicated to the team to begin. The team went down state to Indianapolis to compete in late February.

Willing Workers

This year the seventh and eighth graders were able to participate in many activities. The seventh graders had a day called "Crazy Football Olympics." They had two different relays, the tackle dummy relay and the football uniform relay. The winner of the Olympics was Mr. Long's advisor advisee class. This year the eighth

graders who had the qualities Behavior, Effort, Attitude, Courtesy and Honesty were able to attend a B.E.A.C.H. party. There they listened to the Beach Boys and Jimmy Buffett. During the party those who wanted could have chose to participate in the limbo contest. The winner of the limbo contest was Andy Knies.

STEPS OF MEMORY



When Danielle Kempinski tripped and got a black eye.



Jody Soliday tripped over the last hurdle and still won second place for the team.



Mr. Thompson and Mrs. Jennings' seventh hour classes had snack wars.



Andy Knies won "Who wants to be a freshman?"



Mrs. Pamela Garrison scoops ice cream for the students during the snack wars. The snack wars took place seventh hour.

Amanda Degman, seventh grader, helps out by opening some cans of cherries and pineapples. This was the first year they had a party for turning in all your homework assignments.



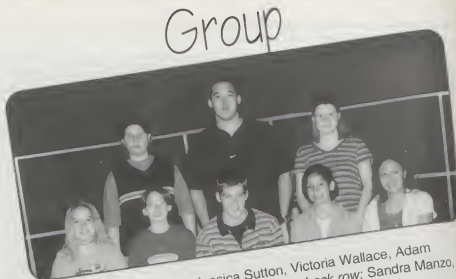
Seventh graders **Stacey Harper** and **Channa Bane** wait patiently in line while getting their ice cream for their sundaes. They had a choice of two types of ice cream, vanilla and swirl.



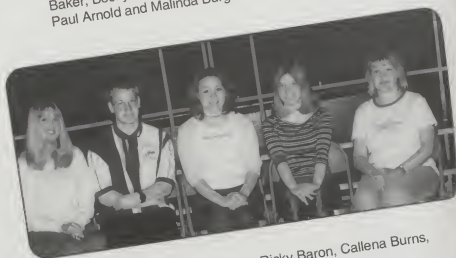
Seventh grader **Pamela Gallardo** peels her banana for her banana split. Pamela was one of the many seventh graders able to take a break and eat ice cream.



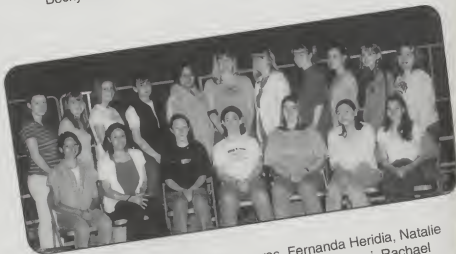
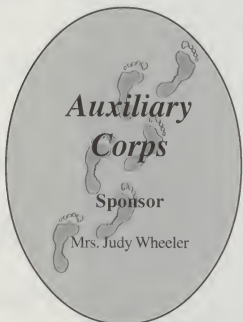
Matthew Cunningham, seventh grader, waits for his ice cream. He was rewarded along with other students for completing all his homework throughout the year.



Spanish Club: front row: Jessica Sutton, Victoria Wallace, Adam Baker, Becky Cisneros, Fernanda Heridia; back row: Sandra Manzo, Paul Arnold and Malinda Burge.

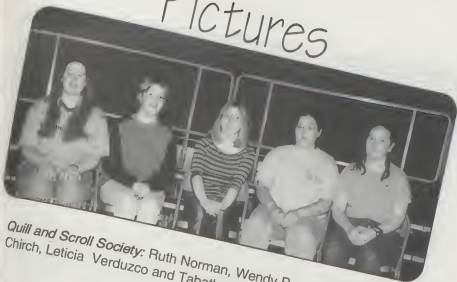


French Club: Mrs. Danyelle Kozma, Ricky Baron, Callena Burns, Becky Chirch and Annette Piesyk.

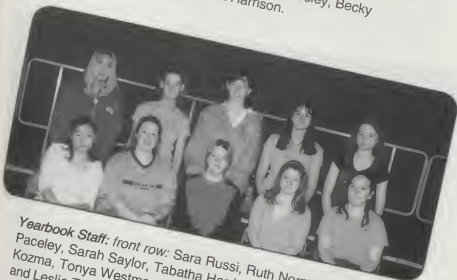


Auxiliary Corps: front row: Becky Cisneros, Fernanda Heridia, Natalie Quinlan, Katherine Komenich, Leann Cicillian, Sara Russi, Rachael Guerrero; back row: Malinda Burge, Beth Persley, Jamie Sellers, Susan Roth, Elicia DeValle, Andrea Neyhart, Amber Cicillian, Melissa Cram, Aisha Wright, Heather Rogyom and Jessica Nunez.

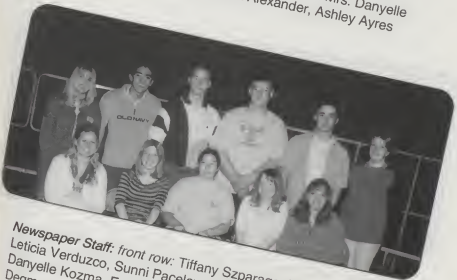
Pictures



Quilt and Scroll Society: Ruth Norman, Wendy Paceley, Becky Chirch, Leticia Verduzco and Tabatha Harrison.



Yearbook Staff: front row: Sara Russi, Ruth Norman, Wendy Paceley, Sarah Saylor, Tabatha Harrison; back row: Mrs. Danyelle Kozma, Tonya Westmoreland, Amanda Alexander, Ashley Ayres and Leslie Turner.



Newspaper Staff: front row: Tiffany Szparaga, Becky Chirch, Leticia Verduzco, Sunni Paceley, Jeanine Songer; back row: Mrs. Danyelle Kozma, Emmanuel Garibay, Richard Butchko, Andy Degman, Josh Barnes and Wendy Paceley.

Quilt and Scroll Society

Sponsor

Miss Francie Blaney

Yearbook Staff

Adviser

Mrs. Danyelle Kozma

Newspaper Staff

Adviser

Mrs. Danyelle Kozma

Beginning Band

Advisors

Mr. Rick Cheek
Mr. Weldon Slater

Intermediate Band

Advisors

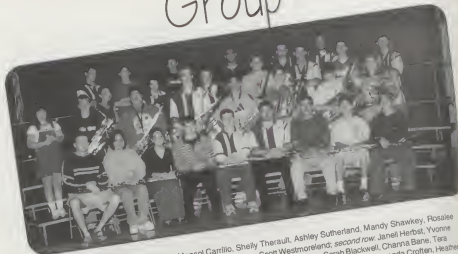
Mr. Rick Cheek
Mr. Weldon Slater

Jazz Band

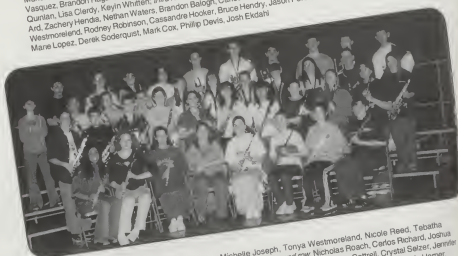
Advisor

Mr. Rick Cheek

Group



Beginning Band: first row: Henry Downing, Mansel Cantillo, Shelly Therault, Ashley Sutherland, Mandy Shawkey, Rosalee Munoz, Monica Torres, Sabrina Selas, Jessica Mirek, Daniel Pines, Scott Westmoreland; second row: Janell Herbst, Yvonne Vasquez, Brandon Ragan, Elizabeth Koonce, Cassandra Westmoreland, Rusty Windsor, Denica Luna, Amanda Crofton, Heather Quntlan, Lisa Cleary, Keylin Whitten; third row: John Trezak, Mark Miller, Jennifer Guntler, Jason Perez, Stacy Herper; back row: Angela Ard, Zachary Hendis, Nathan Waters, Brandon Balogh, Carlos Muniz, Brandi Parduhr, Paulina Ballesteros, Eva Westmoreland, Rodney Robinson, Cassandre Hocker, Bruce Hendry, Jason Perez, Brandy Parduhr, Paulina Ballesteros, Eva Marie Lopez, Derek Soderquist, Mark Cox, Philip Davis, Josh Ekdahl



Intermediate Band: first row: Christina Colazo, Michelle Joseph, Tonya Westmoreland, Nicole Reed, Tebatha Westmoreland, Mungrace Dietz, Megan Burelli, Erin Kempaski, Nicholas Rosch, Carlos Richard, Joshua Elias, Danielle Kempaski, Rachel McKinney, Elizabeth Walters, Veronica Shaikh, Amber Cottrell, Crystal Selzer, Jennifer Wiggins; second row: Tammy Vaughn, Andrew Knies, John Clark, Vanessa Walley, Tara Camarena, Michele Harper, Jody Solday, Mary Seelwacher, Bryan Savicks, Pamela Ivey; back row: Lisa Wallace, Marco Nunez, Richard Evans, Danielle Walker, Priscilla Rodriguez, Jake Paradine, Dwayne Durk, Jesse Poe, Robert Saylor, Dustin Coleman, Travis Tilberry



Jazz Band: first row: James Cruz, Daniel Munoz, Basil Gardner; back row: Christopher Davis, Ricky Baron, Michael Doffin, Roger Knopp, Joshua Halcomb, Harry Manos, Jason Perez, Daniel Farthing, Mike Minarich, Eli Gregory, Edward Stojanevich, Joey Nuzzo, Justin Wallace

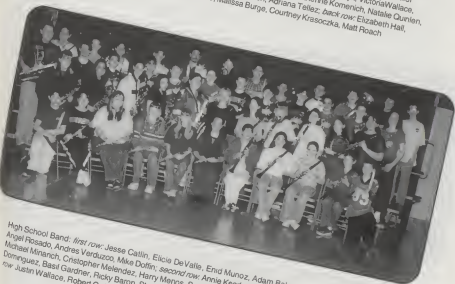
Pictures



Pep Band: *first row:* Rebekah Free, Malissa Burge, Joseph Nuzzo, Tabetha Harrison, Jame Sellers, Ruth Norman, Letois Verdusco, *second row:* Wendy Paceley, Christa Series, Edward Stojanovich, Joshua Helcomb, Ricky Baron, Roger Knopp, Michael Doffin, Daniel Farthing, Shelly Therault, *back row:* Robert Ordway, Aaron Gutierrez, Justin Wallace, Jason Perez, Daniel Munoz, Samuel Saalwachter



High School Band: *first row:* Cassendra Westmoreland, Amber Scott, Wendy Paceley, Christa Series, Amber Alexander, Sara Russi, Brooke Ostrander, Samantha Piezchala, Susan Roth, *second row:* Letois Verdusco, Rebecca Wolfe, Jennifer Perkins, Shelly Therault, Ruth Norman, Callena Burns, Jenna Claxton, Angelique Wilson, Annette Plesky, Victoria Wallace, Tessa Harrison, *third row:* Holly Westmoreland, Jennifer Gilderleeve, Ashley Ayres, Kaitlyn Komenich, Natalie Dunten, Amber Carroll, Jame Sellers, Amber Coilan, Andrea Neyhart, Jessica Sutton, Adriana Tellez, *back row:* Elizabeth Hall, Fernanda Hendia, Tiffany Szparaga, Rebekah Free, Joey Nuzzo, Malissa Burge, Courtney Kresoczka, Matt Roach



High School Band: *first row:* Jesse Catlin, Elcie DeValle, Enid Munoz, Adam Baker, Roger Knopp, Jason Perez, Angel Rosado, Andres Verdusco, Mike Doffin, *second row:* Annie Kenby, Joshua Helcomb, Edward Stojanovich, Michael Minarch, Christopher Melendez, Harry Menos, Samuel Saalwachter, Lann Cicillari, *third row:* Marielena Dominguez, Basti Gardner, Ricky Baron, Steve Thompson, Christopher Davis, Timothy Lyle, Daniel Farthing, *back row:* Justin Wallace, Robert Ordway, Aaron Gutierrez, James Cruz, Michael Guzman, Daniel Munoz

Pep Band

Advisor

Mr. Rick Cheek

High School Band

Advisors

Mr. Rick Cheek

Mr. Weldon Slater

High School Band

Advisors

Mr. Rick Slater

Mr. Weldon Slater

Junior High Academic Team

Sponsors

Mrs. Laura Johnson

Mrs. Sally Weitzel

Junior High Choir

Director

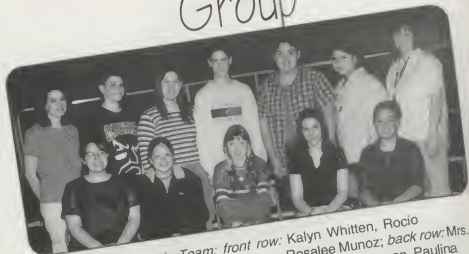
Mrs. Virginia Scholl

High School Choir

Director

Mrs. Virginia Scholl

Group



Junior High Academic Team: front row: Kalya Whitten, Rocio Cisneros, Ashley Sutherland, Liz Koonce, Rosalee Munoz; back row: Mrs. Sally Weitzel, Zach Heridia, Amanda Degman, Brandon Ragan, Paulina Ballesteros, Melisa Manzo and Mrs. Laura Johnson.

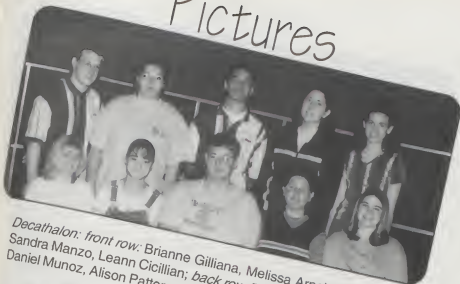


Junior High Choir: first row: Amber Joseph, Beth Savickas, Krystal Rybicki, Pamela Gallardo, Anna Howard, Elizabeth Blackwell, Erica Ortiz; second row: Mrs. Virginia Scholl, John Devany, Jenny Hartman, Falon Shultz, April Ard, Amanda Degman, Beth Howard, Andrea Hollinger, Leticia Valenzuela, Amber Morris, Mrs. Jeanne Kapciak; third row: Tim Lane, Adam Martinez, Lauren Camp, Steven Hunter, Adam Goodman, Josh Lewis, George Mendez, April Ortiz, Mary Norman and Angel Erwin.

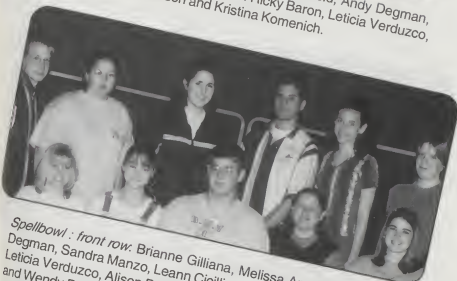


High School Choir: front row: Heather Aguilar, Kimberly Keller, Rachel Kurek, Debbie Lopez, Kymberlee McKinney, Amanda Kawohl, Stephanie Kalaber, Jennifer Poe, Jessica Nunez, Carolyn Hartmann, Daisy Guterrez; back row: Mrs. Virginia Scholl, Elizabeth Etheridge, Brandy Ortiz, Evelina Verduzco, Angelica Ortiz, George Mendez, Dennis Emmart, John England, Erica Bowman, Teresa Larsen, Tammy Vaughn and Mrs. Jeanne Kapciak.

Pictures



Decathalon: front row: Brianne Gilliana, Melissa Arnold, Andy Degman, Sandra Manzo, Leann Cicillian; back row: Ricky Baron, Leticia Verduzco, Daniel Munoz, Alison Patterson and Kristina Komenich.



Spellbowl: front row: Brianne Gilliana, Melissa Arnold, Andy Degman, Sandra Manzo, Leann Cicillian; back row: Ricky Baron, Leticia Verduzco, Alison Patterson, Daniel Munoz, Kristina Komenich and Wendy Paceley.



Superbowl: front row: Kristina Komenich, Brianne Gilliana, Melissa Arnold, Andy Degman, Sandra Manzo, Leann Cicillian, Katherine Komenich; back row: Becky Cisneros, Ricky Baron, Leticia Verduzco, Robert Milchak, Yvette Cajigas, Alison Patterson, Sarah Saylor and Sara Russi.

Decathalon

Sponsors

Mrs. Kathy Hooks

Mr. Jim Weitzel

Mr. Tim Gault

Spellbowl

Sponsors

Mrs. Kathy Hooks

Mr. Jim Weitzel

Mr. Tim Gault

Superbowl

Sponsors

Mrs. Kathy Hooks

Mr. Jim Weitzel

Mr. Tim Gault

High School Honor Society

Sponsors

Mrs. Kathy Hooks

Mr. Kirk Whiting



High School Honor Society: first row: Christina Burns, Marielena Dominguez, Tracie Mezera, Jessica Sutton, Becky Chirch, Callena Burns, Leticia Verdusco, Jamie Sellers; second row: Mr. Kirk Whiting, Becky Cisneros, Elizabeth Hall, Harry Manos, Debbie Lopez, Dmitry Tzitzarin, Jason Tschoop, Wendy Paceley, Victoria Tschoop, Mrs. Kathy Hooks; third row: Ricky Baron, Leann Cicillian, Justin Wallace, Edgar Ramos, Andy Degman, Katherine Komenich, Natalie Quinian and Sandra Manzo.

Junior High Student Council

Sponsors

Mrs. Sally Weitzel

Mrs. Laura Johnson



Junior High Student Council: first row: Eva Lopez, Beth Savickas, Krystal Rybicki, Ashley Sutherland, Marie Adams, Josh Ekdahl, Daniel Rines; second row: Eric Nunez, Mary Norman, Tabatha Westmoreland, Zach Heridia, Danielle Kempinski, Amanda Degman, Angel Erwin and Mrs. Diane Chary.

Junior High Cheerleading

Sponsor

Mrs. Pamela Garrison

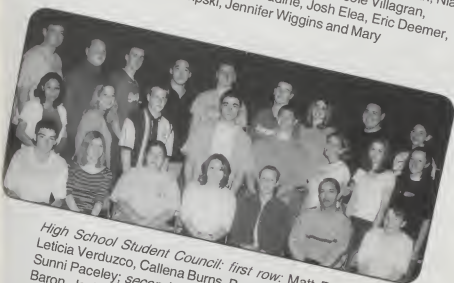


Junior High Cheerleading: Mrs. Pamela Garrison, Marigrace Dietz, Amber Coleman, Jennifer Gunter, Ashley Sutherland, Liz Koonce, Pamela Gallardo and Veronica Muniz.

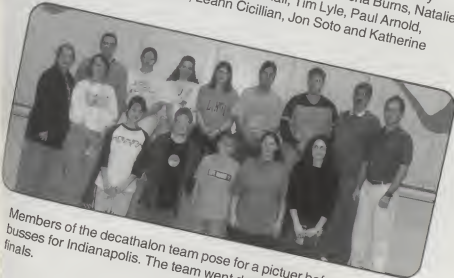
Pictures



Junior High Honor Society: first row: Jeff McNabb, Andy Knies, Al Martinez, Nick Roach, Priscilla Rodriguez; second row: Jennifer Guzman, Nia Jimenez, Danielle Walker, Melody Myers, Jody Soliday, Nicole Villagran, Zach Heridia; third row: Andy Jarvis, Jake Paradine, Josh Elea, Eric Deemer, Paulina Ballesteros, Danielle Kempksi, Jennifer Wiggins and Mary Saalwaechter.



High School Student Council: first row: Matt Roach, Becky Chirch, Leticia Verduzco, Callena Burns, Brooke Ostrander, Eddie Cartegena, Sunni Paceley; second row: Fernanda Heridia, Jessica Sutton, Ricky Baron, Josh Barnes, Robert Saylor, Jamie Sellers, Callena Burns, Natalie Quinlan; third row: Andy Degman, David Hall, Tim Lyle, Paul Arnold, Stacey Gumm, Steven Peek, Leann Cicillian, Jon Soto and Katherine Komerich.



Members of the decathlon team pose for a picture before they board the busses for Indianapolis. The team went downstate to compete in the state finals.

Junior High Honor Society

Sponsor

Mrs. Mary Barkalow

High School Student Council

Sponsor

Mrs. Pat McNabb



The Final Stretch

There have always been those who did, and those who didn't. For those who did, here are the results. Throughout high school, anyone could choose to participate in a number of activities, anywhere from football to Home-

coming court to Spanish and French Club. Some not even realizing, it's good to keep track of it all.

During the first semester, seniors were asked to take a couple minutes out of their senior English class to

complete a small form. The form listed all of the possible activities that anyone could do during their four years of schooling. For your viewing pleasure, here are the class of 2000 senior credits.

Stephen Alexander: Wrestling 1,2,3; and School Mascot 1.

Paul Arnold: Honor Society 2,3,4; Spell Bowl 2,3; Academic Decathlon 2,3; Super Bowl 2,3,4; Spanish Club 3,4; Football 1,2,3,4; Wrestling 1,2,3,4; Golf 1,2,3,4; Mr. Football 4; and Boys' State 3.

Richard Baron: Honor Society 2,3,4; Spell Bowl 1,2,3,4; Academic Decathlon 2,3,4; Super Bowl 1,2,3,4; Marching Band 1,2,3,4; Yearbook Staff 4; Newspaper Staff 4; French Club 3,4; and Boys' State 3.

Jose Bojorquez: Boys' State 3.

Malinda Burge: Drama Club 2; Auxiliary Corps 3,4; Choir 1,2; Spanish Club 3,4; Girls' Cross Country 1,2; Girls' Track 1; Girls' Bowling 4; and Class Secretary 1.

Malissa Burge: Marching Band 1,2,3,4; Pep Band 1,2,3,4; Girls' Cross Country 1,2,3,4; Girls' Basketball 1,3; and Girls' Track 1,2,3,4.

Callena Burns: Honor Society 2,3,4; Academic Decathlon 4; Super Bowl 4; Drama Club 1,2; Marching Band 1,2,3,4; Cheerleading 1,2,3,4; French Club 1,2,3,4; Girls' Track 2,3,4; Football Homecoming Court 3,4; Girls' State 3; Student Council 3,4; and Tutoring 3,4.

Frank Caporale: Marching Band 1; Football 2,3; Wrestling 2; Boys' Track 1,2,3,4; Golf 1,2,3,4; Baseball 2; and Bench Press Contest 1,2,3,4.

Ed Cartagena: Marching Band 1,2,3,4; Football 4; Boys' Basketball 1,2; Baseball 1,2,3,4; and Class

Secretary 3; Student Council 3,4.

Jesse Catlin: Marching Band 1,2,3,4; French Club 1,2; Football 1,2; Boys' Basketball 1,2,3; Boys' Track 1; Golf 1,2; Baseball 1,2,3,4; Football Homecoming Court Escort 1,2,3,4; and Boys' State 3.

Becky Chirch: Honor Society 2,3,4; Quill and Scroll Society 4; Newspaper Staff 1,2,3,4; French Club 3,4; Girls' Basketball 1,2,3; Girls' Track 1,4; Girls' Tennis 3,4; Football Homecoming Court 2; Class President 2,3; Class Vice President 1; and Class Secretary 4.

Amber Ciillian: Marching Band 1,2,3,4; Auxiliary Corps 3,4; Softball 1; and Football Homecoming Court 4.

Jennifer Clifford: Marching Band 1; Choir 4; Girls' Basketball 1,2,3;

and Volleyball 1,2.

Andrew Degman: Honor Society 2,3,4; Spell Bowl 4; Academic Decathlon 4; Super Bowl 2,3,4; Drama Club 1,2; Choir 1,2; Spring Musical Review 1; Newspaper Staff 4; Football 3,4; Golf 1,2; Class President 4; and Boys' State 3.

Elicia DelValle: Marching Band 3,4; Auxiliary Corps 3,4; Spanish Club 1; Softball 1,4; and Football Homecoming Court 1.

Eliezer Fontanez: Football 2; Boys' Basketball 1,2; Baseball 1,2,3,4; and Boys' State 3.

Paul Garcia: Football 4.
Johnny Guzman: Football 4; and Baseball 4.

David Hall: Golf 3,4.
Tabatha Harrison: Quill and Scroll Society 3,4; Marching Band 1,2,3,4; Pep Band 3,4; Yearbook Staff 2,3,4; and Softball 4.

Jonathan Horn: Football 1,3,4; Boys' Basketball 1; Boys' Track 2,3,4; Golf 1,2,3,4; Bench Press Contest 4; Boys' State 3; and Boys' Tennis 3.

Michael Jimenez: Marching 1,2; and Baseball 1.

Annie Kearby: Marching Band 1,2,3,4; Cheerleading 1,2,4; Softball 1,2,3,4; Football Homecoming Court 4; Homecoming Queen 4; and Girls' State 3.



Ed Cartagena, senior, jumps up with excitement after he spelled the word correctly, placing the seniors in second place during the Spell Bowl competition. They had to compete with the sophomores for a tie breaking round for this place.

Excited seniors **Brooke Ostrander**, **Alexandrea Neyhart** and **Annette Plesyk** climb to the top of the senior truck during the Homecoming parade. The seniors also had three convertibles which held the Homecoming court candidates in the parade.



Charles Keel: Wrestling 1.

Matt Kennedy: Baseball 1,2,3,4.

Alex Lee: Choir 1,2.

Alex Mefford: Marching Band 1,2; Golf 2,3; and Bench Press Contest 1.

George Mendez: Choir 1,2,3,4.

Tracie Mezera: Honor Society 2,3,4; Newspaper Staff 1,2; Spanish Club 2,3; Girls' Basketball 1,2,3,4; Volleyball 1,2,3; and Girls' Tennis 1,2,3,4.

Veronica Mundo: Auxiliary Corps 4; Choir 1; Softball 2,4; Football Homecoming Court 4; and Class Treasurer 4.

Alexandrea Neyhart: Marching Band 1,2,3,4; Auxiliary Corps 1,2,3,4; Girls' Basketball 1; Softball 1,2,3,4; Girls'

Bowling 4; and Volleyball 1,2.

Brooke Ostrander: Marching Band 1,2,3,4; Cheerleading 1,2,3,4; Cheerleader Lifter 1,2,3,4; Girls' Basketball 1; Softball 1,2,3,4; and Volleyball 1,2,3,4.

Becky Phillippe: Softball 1,2,4; and Volleyball 2.

Annette Plesyk: Drama Club 1; Marching Band 1,2,3,4; Pep Band 2,3; Cheerleading 1,2,3,4; French Club 1,2,3,4; and Girls' Track 3,4.

Samantha Pieszchala: Marching Band 2,3,4; Pep Band 2; and Cheerleading 1,2,3,4.

Marc Remus: Football 3,4; Boys' Basketball 1,2; Baseball 1,2,3,4; and Boys' State 3.

Leighton Rhodes: Football 2,4; and Baseball 4.

Henry Rodriguez: Boys' Basketball 1; and Baseball 1.

Suzy Roth: Marching Band 1,2,3,4; Auxiliary Corps 3,4; Girls' Bowling 4; and Softball 1,2,3,4.

Brian Schillke: Wrestling 1.

Christa Serles: Marching Band 1,2,3,4; and Pep Band 3,4.

Kevin Shinkle: Choir 1; Football 4; and Boys' Basketball 2.

Paul Smith: Choir 1,2.

Jonathan Soto: Choir 1,2; Football 1,3,4; Boys' Basketball 1,2; Boys' Track 1; and Class Vice President 4.

Jessica Sutton: Honor Society 2,3,4; Marching

Band 1,2,3,4; Spanish Club 2,3; Girls' Basketball 1,2,3,4; Softball 1,2,3,4; Class Treasurer 3; Volleyball 1,2,3,4; Student Council 4; and Tutoring 3.

Tiffany Szparaga: Marching Band 1,2,3,4; Newspaper Staff 1,2,3,4; Spanish Club 3,4; Girls' Track 1,2; Football Homecoming Court 4; Class Vice President 2; Volleyball 1,2; Student Council 1,2.

Adriana Tellez: Marching Band 1,2,3,4; and Spanish Club 2.

Dmitriy Tzitarin: Football 4; and Baseball 4.

Joshua Vandevender: Choir 3,4; Golf 3,4 and Tennis 3,4.

Lety Verdusco: Honor

Society 4; Quill and Scroll Society 4; Spell Bowl 2,3,4; Academic Decathlon 2,3,4; Super Bowl 2,3,4; Marching Band 1,2,3,4; Pep Band 1,2,3,4; Newspaper 3,4; Girls' Basketball 1,3; Girls' Track 3,4; Softball 2,3,4; and Girls' State 3.

Victoria Wallace: Honor Society 3,4; Marching Band 1,2,3,4; Yearbook Staff 3; Cheerleading 1,2,3; Cheerleader Lifter 1,2,3; Spanish Club 4; Football Homecoming Court 2,3; Class Secretary 3; and Class Treasurer 2.

Angelique Wilson: Marching Band 1,2,3,4; Pep Band 2; Auxiliary Corps 2; and Cheerleading 1.



Senior **Frank Caporale** laughs with friends during lunch one afternoon in Mrs. **Pat McNabb's** classroom. For many students Mrs. McNabb's room was the lunch time place to go.

Ashley Sutherland, seventh grader, used a computer to draw for her sixth hour Industrial Arts class. Mr. Paul Murray had the students working on designing easels and picture frames.



A Fresh Start

For the seventh graders, being added to the junior high ladder was a great experience. They started off with a clean slate and were able to make a new reputation

for themselves.

They enjoyed having seven separate classes instead of sitting in one class all day long. They became acquainted with new classmates as well as

teachers.

At the end of their seventh grade year, the students were now adjusted to junior high life. They learned that new experiences provide memories.

Student Council

Representatives

Elizabeth Blackwell

Amanda Degman

Teresa Jansen

Nate McPike

Eric Nunez

Daniel Rines

Krystal Rybicki

Beth Savikas

Derek Soderquist

Ashley Sutherland

Sponsor

Mrs. Diane Chary

Marie Adams
Israel Astorga
Brandon Balogh
Linda Bennett
Matthew Bigott
Elizabeth Blackwell

Sarah Blackwell
Paulette Blankenship
David Bottos
Charlie Campbell
Marisol Carrillo
Michael Carver

Roger Castillo
Rocio Cisneros
Paul Cleveland
Amber Coleman
Matthew Cunningham
Jamie Dailey

Amanda Degman
Joshua Ekdahl
Matthew Franklin
Timothy Fuchs
Pamela Gallardo
Juan Giro

Bernard Goin
Jennifer Gunter
Bruce Hendry
Joseph Hennings
Janell Herbst
Diego Hernandez

Andrea Hollinger
Steven Hunter
Teresa Jansen
Elizabeth Koonce
Mark Long
Samuel Lopez



Brian Loving



Danica Luna
Ryan Magiera
Jessica Marek
Travis Meeks
Paul Meentemeyer
Aubin Menchaca



Rubisela Mendoza
Nichole Miodragovich
Krystal Montes
Carlos Muniz
Rosalee Munoz
Erica Ortiz



Brandy Parduhn
Rodney Robinson
Bruce Rundberg
Kimberly Rust
Krystal Rybicki
Matthew Sanders



Mandy Shawkey
Derek Soderquist
Maria Solis
Monica Solis
Daniel Squires
John Stoddard



Ashley Sutherland
Matthew Teller
Jesus Torres
Marie Torres
Oscar Venegas
Nathan Waters



Angela Westmoreland
Kalya Whitten
Rusty Windsor
James Woodke
Elaine Zon
Eric Zwolinski



Ms. Donna Briggs' sixth hour health class works on an assignment. This class is a requirement for all junior high students.

Jason Lozanovski, eighth grader, sings the *Ingot Shuffle* for the junior high pep assembly. The assembly was held in the junior high gym at 2:30 p.m. on Tuesday, October 12.

One Last Hoorah

I-STEP, plays and honor roll lock-ins were just a few of the activities eighth graders participated in during the year.

In the fall, on September 22, the eighth graders were given the I-STEP test (Indiana Statewide Test for Educational Progress).

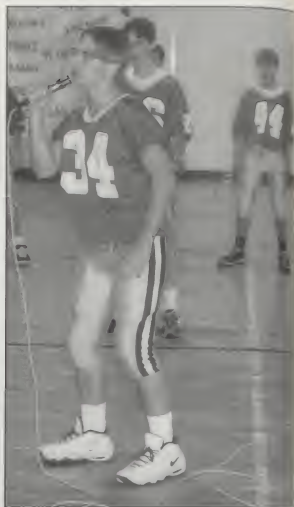
On January 19, the eighth graders loaded a bus and headed to a perfor-

mance of *Jekyll and Hyde*. After the performance they went out to lunch before returning to school to watch the old movie version of *Jekyll and Hyde*.

As they do every year, those who made the honor roll had the chance to stay the night at school for a lock-in. They had a variety of activities to join in while they were there such as watching

movies, playing games or using the computer. While attending they ate dinner and breakfast.

At the end of the year a ceremony was held for the students in the junior high gym. During the ceremony they received awards for their academic excellence in their classes. Those who wished could even have their parents attend the ceremony.



April Ard
Genoveva Avila
Fallon Bagley
Paulina Ballesteros
Christina Collazo
Amber Cottrell
John DaVaney

Joshua Elea
Joan Emerson
Angel Erwin
David Eustice
Richard Evans
Jeffery Goodman
Christopher Graun

Jennifer Guzman
Tiffany Halley
Zachery Heridia
Lupe Hernandez
Harold Herring
Pamela Ivey
Andy Jarvis

April Kearby
Danielle Kempfski
Andrew Knies
Timothy Lane
Eva Lopez
Jason Lozanovski
Adam Martinez





Alfonso Martinez
Jeffrey McNabb
Mark Mills
Mitchell Minarich
Veronica Muniz
Melody Myers
Raymond Ortiz

Jake Paradine
Amanda Peel
Michael Podgorski
Jessie Poe
Ricardo Price
Tara Quinlan
Nicholas Roach

Samuel Rosado
Mary Saalwaechter
John Sakon
Tillie Smith
Jody Soliday
Joshua Soliday
Brandon Sutherland

Travis Tillberry
Leticia Valenzuela
Carmelo Venegas
Nicole Villagran
Danielle Walker
Lisa Wallace
Tabatha Westmoreland



Eighth graders stand and cheer during the Homecoming assembly. It was the first year junior high students had a Homecoming.

Student Council

President

Eva Lopez

Vice President

Danielle Kempski

Secretary

Angel Erwin

Treasurer

Zach Heridia

Sponsor

Mrs. Diane Chary

"Is This Different?"

Entering their first year of high school, the freshmen found that things weren't as different compared to junior high. They still went to seven different classes and were with many of the same people during those classes. However, they had to deal with

earning credits and following the attendance policy to graduate.

The freshmen were able to join in with the many things that most upper classmen have been doing for a couple years. They were able to participate in spirit week for both Football

and Basketball Homecoming. During Football Spirit Week, the class came in fourth place with a total of 81 points. They were also able to attend many more assemblies than in junior high such as the Christmas assembly and both Spirit Week

assemblies.

By the end of their first year, the freshmen were no longer new to the idea of the larger environment. Instead, they were ready to jump into the next year of school. In no time, they will be ready for the world.

Class Officers

President

Robert Saylor

Vice President

Jeanine Songer

Secretary

Sunni Paceley

Treasurer

Josh Barnes

Sponsor

Mrs. Danyelle Kozma

Michael Adams
Amanda Alexander
Heather Ard
Melissa Arnold
Ashely Ayres
William Baker

Joshua Barnes
Tara Camarena
Jesus Cano
Rudolfo Cano
Justin Carlson
Amber Carroll

Lisa Clardy
John Clark
Dustin Coleman
James Cruz
Rebecca DeGroot
Michael Doffin

Dwayne Durk
Jeffery Emmart
Timothy Erickson
Gabriel Espinoza
Tracy Espinoza
Elizabeth Ethridge





Tommy Flores
Daniel Fontanez
Rebekah Free
Basil Gardner
Martin Gaskey
Vanessa Gildersleeve

Brianne Gilliana
Michael Gonzalez
Jakala Goodman
Michael Graun
Rachael Guerrero
Daisy Gutierrez

Jason Gutierrez
Joshua Halcomb
Sharonne Haley
Nicolas Hardesty
Michele Harper
Justin Horn

Johnny Hunter
Brandon Jacobs
Bernard Jansen
Matthew Johnston
Kimberly Keller
Erin Kempksi



Freshmen Jeanine Songer with escort Justin Carlson, Vanessa Walley with escort John Clark and Sunni Paceley with escort Joshua Halcomb await the announcement of this year's Homecoming Queen. Because of a tie, the Freshman Class had three representatives for Homecoming court.

Only Time To Go

Rachael Guerrero, freshman, joins in with her fellow classmates to dance to the *Electric Slide* during the Homecoming dance. Along with the *Electric Slide*, students danced to many songs including *YMCA* and the *Macarena*.



Kristina Komenich
Rachel Kurek
David Latta
Deborah Lopez
William Lowe
Joseph Martinez



Rachel McKinney
Miranda Mendez
Kelli Mitol
Deanna Mullins
Angel Muniz
Enid Munoz

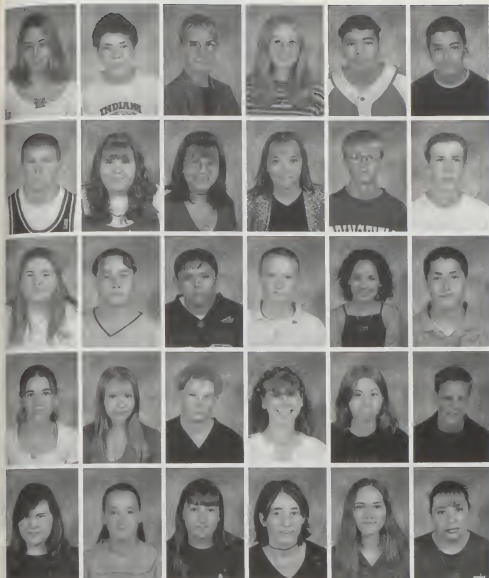


Jacqueline Nord
Marco Nunez
Robert Ordway
Antony Otiz
Bandi Ortiz
Jennifer Otano



Ryan Otero
Sunni Paceyey
Candi Patterson
Tammy Patterson
Jennifer Perkins
Nicole Reed





Zoe Rodriguez
Samuel Saalwaechter
Richard Sajdera
Crystal Salzer
Isidora Sanchez
Rudy Sanchez

Robert Saylor
Amber Scott
Veronica Shaikh
Jeanine Songer
Jack Stoddard
Robert Stottlemire

Maryjane Sult
Steven Thompson
Vicente Tinoco
Joseph Turner
Ivonne Vazquez
Andres Verduzco

Evelina Verduzco
Vanessa Walley
Joseph Walters
Elizabeth Waters
LaDonna Watkins
Justin Welters

Cassandra Westmoreland
Tonya Westmoreland
Samantha Whitworth
Rebecca Wolfe
Barbara Woodke
Blanca Zepeda



Freshmen students board their class truck for the Football Homecoming parade after school. The class also had a van which held the Homecoming court candidates.

Freshmen Crystal Salzer and Basil Gardner spend a moment together at the Homecoming dance during a song. This was Crystal's first year as a cheerleader and her first time cheering at a Homecoming game.

Elizabeth Hall, sophomore, checks the level of gun powder residue left on her hands in her second hour chemistry class. This project was a murder investigation called "Who Done It?"

Pulling Through Another Year

Sophomores had a year filled with a variety of tests, work, projects and activities.

Pulling together, the class sold candy to raise money for things such as Football and Basketball Homecoming.

During Football Homecoming week, the sophomores took third place with a total of 185 points.

Unlike the last two previous classes, the

sophomores had the chance to see the play *Julius Caesar* performed live after reading the play in class. They traveled to Munster Performing Arts Theater, then went out to lunch before returning to school.

As they do every year, the sophomores had the chance to visit with the Josten's representative to order class rings. They had an assortment of

different rings and could choose from an array of sizes and colors.

Along with taking the I-STEP+ test in the fall, the sophomores had the opportunity to take the PSAT with the juniors. They could take it for the extra practice before they have to take it again their junior year. This also gave them some extra practice before they take the SAT's.

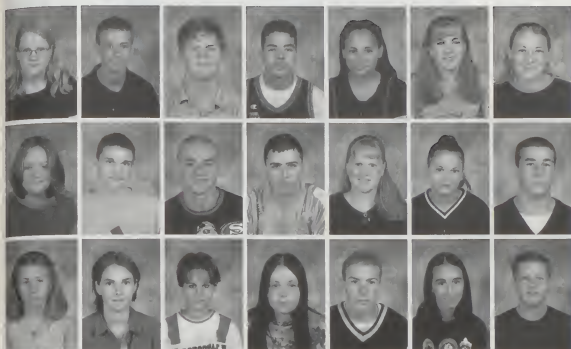


Heather Aguilar
Shawn Allen
Brandy Ayala
Linda Bailey
Jason Beverly
Leslie Blankenship
Ryan Bolduc

Christopher Breese
Shawn Broderick
Amanda Burke
Richard Butchko
Oswaldo Chavez
Leann Cicillian
Jonna Claxton

Jessica Coates
Amy Credeur
Amanda Crofton
Melissa Crum
Christopher Davis
Nichole Davis
Cynthia DeGroot





Ryan Duffy
Daniel Farthing
Stephen Feezor
Jason Feliciano
Myriam Fontanez
Alisha Gallardo
Jennifer Gildersleeve

Hope Green
Elijah Gregory
Stacey Gumm
Justin Guzman
Elizabeth Hall
Carolyn Hartman
Brant Heavilin

Melissa Hinkle
Marie Hutton
Tiffany Ingram
Stephanie Kalberer
Michael Keller
Toni Kennedy
Roger Knopp



Class Officers

President

Leann Cicillian

Vice President

Chuck Roth

Secretary

Holly Westmoreland

Treasurer

Stacey Gumm

Sponsor

Mr. Jim Weitzel

Sophomore **Amanda Burke** takes time out of her lunch hour to participate in the Halloween walk put on by the life skills class. The walk was held for two days. Any student could participate for a quarter.

Sophomore **Salvador Montes** portrays a talk show host and **Rafael Price** as Master P join in the activities of Football Homecoming by performing in the sophomore class skit. They also featured **Dmitriy Titzarin** as Austin Powers.

Taylor Wilson, sophomore, joins in with the Auxiliary Corps to perform their dance for the Football Homecoming assembly on Friday. Taylor choreographed the dance routine for them.



Katherine Komenich
Theresa Larsen
Jessica Lemmon
Jenny Lopez
Matthew Lopez
Paul Lopez
Jami Meece

Christopher Melendez
Paullette Melhorn
Michael Minarich
Salvador Montes
Silvia Montes
Daniel Munoz
Stephanie Neely

Malleri Newcomb
Joseph Nuzzo
Nicole Pardo
Matthew Paul
Jason Pavlik
Elizabeth Persley
Rafael Price

Natalie Quinlan
Kimberly Reder
Nathan Rivera
Ricardo Rodriguez
Heather Rogyon
Charles Roth
Aaron Rymer



Striving For The Best



Sarah Saylor
Elizabeth Schillke
Richard Servin
Johnny Smith
Danny Stanley



Neil Starkey
Edward Stojancevich
Larry Swarts
Desiree Torres
Joel Torres
Jose Torres
Leann Torres



Victoria Tschopp
Brian Westmoreland
Holly Westmoreland
Katrina Whitworth
Marja Wilson
Taylor Wilson
Enrique Zepeda



Heather Rogyom, sophomore, takes time out during lunch to shoot some hoops. Heather played on the girls' varsity tennis team this year.



Sophomore Leslie Blankenship helps to decorate the sophomore Homecoming float before the Homecoming parade. Leslie was one of three people on Homecoming court for the sophomore class.

Jamie Sellers, junior, helps hang a banner in the junior hallway. The juniors placed second in hall decorations.

On Their Way

The juniors started the year off with changes. Their lockers were moved downstairs to the old freshmen hallway.

While some tested for the PSAT on October 12, others took the SAT and ASVAB.

Juniors were given opportunities to show leadership to younger classmates. They were able to donate blood for the blood drive and

cans for Mrs. Cuevas' canned food drive. Juniors went the extra mile to help those in need.

Throughout the year, the juniors read *Inherit the Wind*, *Of Mice and Men*, and *To Kill a Mockingbird* in junior English.

Getting close to the top of the ladder, juniors knew they only had one more year of high school.



Sevasti Alahouzos
Amber Alexander
Thomas Ard
Adam Baker
Daniel Bolduc
Erica Bowman



Jason Buchmeier
Maria Burge
Christina Burns
Yvette Cajigas
William Carns
Jose Cisneros



Rebecca Cisneros
Brandon Crofton
Francisco Cuevas
Ruben DeLeon
Marialena Dominguez
Dennis Emmart



Class Officers

President

Jamie Sellers

Vice President

Christina Burns

Secretary

Matt Roach

Treasurer

Fernanda Heridia

Sponsor

Mrs. Pat McNabb

John England
Jessica Flatt
Noemi Fontanez
Ryan Garner
David Gilarski
Adarius Gunn

Richard Hale
Ryan Harder
Fernanda Heridia
Johnnathen Ivey
Nicole Joseph
Amanda Kawohl

Katrina Kirk
Anthony Klimczyk
Courtney Krasoczka
April Lewis
William Loving
Timothy Lyle



Junior Christina Burns is escorted by freshman Dustin Coleman. She was also vice president of the Junior Class and a varsity cheerleader.

Maria Burge, junior, performs with the varsity cheerleading squad during a football game. The cheerleaders competed in the Midwest Cheer Competition this year.

Getting Closer

Junior **Becky Cisneros**, along with the other members of the Auxiliary Corps, stands at attention while waiting for the Homecoming court candidates to march down the field. Becky was also a co-captain of the Auxiliary Corps.

Steve Zon, junior, enjoys a dance during the Homecoming dance with his date Tina Ragnone from Portage High School. The dance was held in the Ingot Room.



Harry Manos
Sandra Manzo
Kenneth Marconi
Jennifer Massey
Duane Mc Gann
Kymberlee McKinney

Stephanie McKinney
Robert Milchak
Jacob Montes
Laurie Nafus
Ruth Norman
Jessica Nunez

Frank Nuzzo
Wendy Paceley
Amanda Palmer
Steven Palmer
Alison Patterson
Steven Peek





Jason Perez
Arles Ragan
Edgar Ramos
Jorge Renteria
Matthew Roach



Angel Rosado
Sara Russi
Jamie Sellers
Billy Shinkle
Logan Silich
Timothy Stone



Gail Stover
Shelly Therault
Jason Tschopp
Leslie Turner
Daniel Vandevender
Tammy Vaughn



Ramon Verdusco
Amanda Vespo
Justin Wallace
James Whitaker
Aisha Wright
Steve Zon



Fernanda Heridia, junior, performs her routine during halftime. This was Fernanda's first year in Auxiliary Corps.

Junior **Pia Squires** sits with friends during lunch on Red and Gold Day during football spirit week. Pia dressed up for each day of spirit week.

What's to be Expected?

There were a number of changes in the administration in the '99-2000 school year, but that did not discourage the Ingots.

Mr. Mike James took over the athletic director's position in the fall. He helped to improve the hall of fame as well as induct

new members.

Due to the untimely death of Mr. Ken Richardson, River Forest High School's assistant principal, Mrs. Deb Kadish, was promoted to be principal at Meister. Mr. Lyle Neal, who was fulfilling his internship, took over as acting

assistant principal. Mr. Robert Marszalek remained as acting superintendent for the second year.

Changes affected Ingots in many ways, but each member of the administration went the extra mile to make the school year a success.



River Forest Community School Board: *Front row:* Mr. Dan Muha, Mr. Robert Marszalek, Mr. Richard Arnold, and Mrs. Michelle Martin. *Back row:* Mr. Harry Pedroza and Mr. Marshall Gylliana.



Junior High Principal Mr. Richard Heavilin watches as the Football Homecoming parade begins after school. The parade was held on Tacky Day this year.



Assistant Principal Mrs. Deb Kadish, choir teacher Mrs. Virginia Scholl, and pianist Mrs. Jeanne Kapciak stand with the other teachers in the school to sing *White Christmas* during the Christmas assembly.



Mr. Richard Heavilin
Junior High
Principal



Mrs. Deb Kadish
High School
Assistant Principal



Mr. Monte Moffett
High School
Principal

Mr. Monte Moffett reads the speech that he wrote for this year's Christmas assembly in December 1999. During the assembly both the band and the choir performed for the rest of the school.

From Last To First

For certain teachers, this year was their first or last year teaching for the River Forest Community School Corporation.

Mr. **Ronald Hughes**, who has been teaching for many

years, decided it was time to hand his classroom to a new teacher. Others such as Miss **Laura Sopko** and Miss **Virginia Scholl** began their first year teaching here.

To become Direc-

tor of Technology, Mrs. **Pat McNabb** turned her classroom over to new teacher Mrs. **Debra Zawlocki**.

Returning to the school from being the math remediation teacher for ISTEP+.

Miss Pamela Garrison became a full time junior high mathematics and remediation teacher.

As they did in the past, the faculty and administration gathered together for monthly

meetings, which are held for half the school day, to work on different methods to improve the way in which to teach the students so that they understand and learn even more during the school year.

Miss Maria Aguilar: Paraprofessional

Mrs. Amy Alessandrini: Life Skills Teacher.

Mrs. Nancy Austin: Life Skills Teacher.

Mrs. Mary Ann Barkalow: Math 8; and Junior High Honor Society.

Miss Francie Blaney: Language Arts 9, 10; and Quill and Scroll Sponsor.

Ms. Donna Briggs: Varsity Volleyball Coach; Health 7,8; Physical Education 9; and Junior High Impact Team.

Mr. Jack Burton: Geometry; Algebra I; Computer Programming; Intramurals Coach; and Golf Coach.

Mrs. Joanne Casteel: LRE Facilitator; LD Teacher; and Academic Decathlon Coach.

Mrs. Mary Anne Castellani: Attendance Secretary.

Mrs. Diane Chary: Language Arts 7; and Junior High Student Council.

Mr. Rick Cheek: Beginning Band; Pep Band; Jazz Band; Marching Band; Junior High Intermediate Band; and Assistant Band Director.

Mrs. Karen Chontos: High School Guidance Secretary.

Mrs. Christina Colon: Paraprofessional.

Mrs. Irma Cuevas: Spanish I, II, III, IV; Practical English; and Spanish Club.

Mr. Charles Cullison: Computer Applications; Math; and Physics

Mr. Al Detterline: Intro Algebra; Algebra I; Varsity Boys' Tennis; Girls' Varsity Basketball; and Varsity Girls' Tennis

Mrs. Michelle Emery: Spanish 7, 8; and English as a Second Language.

Miss Pamela Garrison: Math 7; Math ISTEP Remediation; Junior High Cheerleading Sponsor; and Track and Field Assistant Coach.

Mr. Tim Gault: Earth Science; Biology; Humanities; Academic Coach; Assistant Football Coach; and Baseball Coach.

Mrs. Doris Guined: Junior High Guidance Secretary.

Mrs. Kathy Hooks: Biology II; Chemistry; Physical Science; Academic Coach; Honor Society Sponsor; and Science Department Chair.

Mrs. **Peg Hunt**: Library Media Specialist; and Media Centers K-12 Department Chair.

Mrs. Patti Jennings: Language Arts 8

Mrs. **Laura Johnson**: Guidance Counselor 7, 8, 9; Junior High Academics Coach.

Ms. Natalie Keller: Language Arts 11; Speech; and English Remediation.

Mrs. **Danyelle Kozma**: French I, II, III, IV; Newspaper Adviser; Yearbook Adviser; Freshman Class Sponsor; French Club Sponsor; and Web Page Designer.

Mr. Phillip Long: Science 7; Junior High Cross Country Coach; Girls' Varsity Basketball Assistant Coach; and Junior High Girls' Track Coach.

Mr. Michael Lyons: Science 8; J.V. Volleyball; and Girls' Track Coach.

Mrs. Angie Martinez: Office Aide

Mrs. **Pat McNabb**: Director of Technology; Junior Class Sponsor; Senior Class Sponsor; Varsity Girls' Track; and Student Council Sponsor.





Mrs. Sandra Mihalik: Language Arts 9 and 12; Language Arts Department Chair.

Mrs. Elizabeth Miranda: School Nurse.



Mrs. Bernadette Monda: B.E.S.O.; Bilingual; and Faculty Sponsor.

Mr. Paul Murray: Architecture; Drafting; Metals; Power Mechanics; and Industrial Arts 7.

Mr. Harrison Neal: Social Studies 7; and Cross Country.

Ms. Carol Needham: Library Assistant.

Mr. Jason Quigg: Calculus; Trigonometry; Algebra II; Geometry; Assistant Football Coach; Boys' Basketball Coach; and Softball Coach.



Mr. Robert Rajsic: Industrial Arts Department Chair; Woods I, II, III, and IV; and Manufacturing.

Mrs. Gale Robertson: High School Secretary.

Mrs. Mirlam Rodriguez: Paraprofessional.

Mrs. Delia Rosado: Paraprofessional.

Mr. Hector Santiago: Head Custodian.



Miss Virginia Scholl: Choir Director.

Mrs. Lenore Senovic: Custodian.

Mrs. Betsy Shadley: Treasurer.

Mrs. Patricia Sisk: Foods; Home Economics 7; and Home Economics Department Chair.

Mrs. Linda Slanina: Impact Team; Special Education; and LRE Facilitator.



Mr. Weldon Slater: Band Director; Fine Arts Department Chair; and Bus Supervisor.

Miss Laura Sopko: Basic Skills Math Teacher.

Mr. Jim Spencer: Junior High Physical Education; Conditioning/ Fitness; World History; Junior High Boys' Track; Junior High Intramurals; and Health and Physical Education Chair.

Mrs. Melinda Sutherland: Confidential Secretary; and Girls' Basketball Coach 8.

Mrs. Tanna Taylor: Library Assistant.



Mr. Rod Thompson: History 8; Junior High Football Coach; Boys' Basketball Coach 8; and Junior High Girls' Track Coach.

Mr. Brian Vance: Junior High Art; Wrestling Coach; Assistant Track Coach; and Assistant Football Coach.

Mrs. Maria Velazquez: Paraprofessional.

Mrs. Sandy Waldrop: Junior High Office Clerk.

Mr. Jim Weitzel: LRE Facilitator; Sophomore Class Sponsor; Assistant Academic Coach; Assistant Super Bowl Coach; Assistant Spell Bowl Coach; and Web Page Designer.



Mrs. Sally Weitzel: LRE Facilitator 7; and Junior High Academic Team Coach.

Mr. Jim Wells: Biology; and Environmental Science.

Mr. Kirk Whiting: U.S. History; World History; Economics; Psychology; Current Events; Academic Coach; Honor Society Sponsor; and Junior High Track Coach.

Dr. Robert Wright: Guidance Counselor 10, 11, 12.

Mrs. Debra Zawlocki: Independent Living; Child Development; Interpersonal Relations; and Housing/Foods 8.

Dollars and Cents

River Forest Yearbook

1. The estimated cost to produce the 2000 *Ingot* yearbook was \$11,500.

2. In October, yearbooks cost \$30 with a name on the cover. In November, the yearbook cost \$32 with no name on the cover. To purchase a yearbook in December, it cost \$35 with no name on the cover.

3. The yearbook staff had to sell \$3,385 in ads to pay a portion of the cost to produce the yearbook. The prices were as follows: one eighth \$35, one fourth \$50, one half \$75 and a full page \$130.

4. The Senior Class had to pay \$600 to have their senior pictures appear in color.

Auto Needs?

Visit

Express Automotive Supply
701 E. Third Street
Hobart, IN 46342-4474



We Carry NAPA Products

Mon-Fri. 8a.m.-6p.m.
Saturday 8a.m.-4p.m.
Closed Sundays

Telephone 942-1164

VCR EXPRESS

3536 Central Ave. • Lake Station

&

Rouch TV/Appliance

1301 Lincolnway • Valparaiso

New sales

Washers/Dryers/Stoves

TV's/VCR's/Big Screens

219-462-4293

219-962-6351



M&G SALES

Gladys

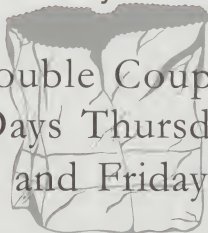
1050 169th Street
Hammond, Indiana 46324

(219) 937-1460
Fax 937-1950

KEY MARKETS

Come Try Our Deli

Double Coupon
Days Thursday
and Friday



Tel. (219) 763-2829

OPEN 7 DAYS A WEEK
5 A.M. TO 11 P.M.
SUN. 5 A.M. TO 10 P.M.

PANTHEON FAMILY RESTAURANT

BREAKFAST • LUNCH • DINNER
FEATURING STEAKS • SEAFOOD

5900 RIDGE ROAD • PORTAGE COMMONS
PORTAGE, INDIANA 46368

(219) 762-7027

WHO'S YOUR ENTERTAINMENT

Audio Hardware and Software

BOB CHELF

5886 Central Avenue
Portage, Indiana 46368

Lake Park Residential Care

2075 Ripley Street
Lake Station,
Indiana 46405

**Congratulations
to the
Class of 2000**

**(219) 962-9437
FAX (219) 962-7878**



BURNS FUNERAL HOME ESTABLISHED 1908

Family Owned and Operated
Hobart Merrillville
Rt. 51 and 7th St. (Crown Point)
942-1117 101st & Broadway
769-0044

Free Pre-Arrangement Counseling Available

"Lake County's only Funeral Home - Crematory"

(219) 962-2019



Jack & Vernon's

Service Company

Owner
Willie Westmoreland

3685 E. 36th Ave.
Lake Station, IN 46405

Kellen's Florist, Inc. since 1928

*Best Wishes to the
Class of 2000*

*(219) 942-1197
342 Main Street
Hobart, Indiana*



Junior Sara Russi "*Goes the Extra Mile*" to advertise yearbooks. The feet were placed on the wall and led the direction to purchase a book.



Working busily on a banner to hang in the hallway, second year staffer Sarah Saylor draws a slogan to entice people to purchase a yearbook.



Senior Tabatha Harrison sells a book to eighth grader Zachary Heredia during his seventh hour class. Tabatha was also academic and portraits editor.

extra support



Dollars and Cents

Honor Society Field Trip

1. December 16-18, the Honor Society took a field trip to St. Louis. The total cost of the trip was approximately \$3,000.
2. The cost of the trip was \$180 per person. There were 12 students and two teachers that attended the event.
3. The Honor Society members sold suckers and brownies for 50 cents along with raffle tickets that were sold for one dollar.
4. Combined, the fund-raisers came to a total of approximately \$700. This lowered the price of the trip and each member earned \$25 from the fund-raiser to spend.

Award & Nylon Jackets
Monograms

Easton's Lettering

Mfg. Chenille Letters and Emblems
Custom Jacket lettering
Our Specialty

(219) 942-5101
800-956-5101

340 State Road 130
Hobart, IN 46342



Office Hours By Appointment

HENRY K. PONG, D.D.S., P.S.C.

3820 Central Avenue
Lake Station, IN 46405
Telephone: (219) 962-8866

Georges's Gyros Spot #2

1201 West 37th Avenue
Hobart, Indiana 46342
(219) 947-7919



WALT M. KANIA, JR.

WALT'S WELDING

Auto Repair Shop

Phone
(219) 962-4591

314 E. 37th Ave.
Hobart, IN 46342

Hair We Care



4208 Central Avenue
Lake Station, Indiana 46405
(219) 962-8448

We do Hair Extensions, Wigs
and Replacements

Ken West

703 N. Hobart Rd.
(Rt. 51, one block south of Rt. 6)

**AMERICAN FAMILY
INSURANCE**
AUTO HOME BUSINESS HEALTH LIFE

P.O. Box 552
Hobart, IN 46342
947-1114

Best wishes seniors;
We are free at last!

J. Ronald Hughes

Sew - Krafts
 2521 W. 37 th AVE. (Rt. 6)
 Just east of Liverpool Road

We Ship UPS

Ph. (219) 962-8080



Hardin's Speed Service

Auto Parts • Machine Shop
 Racing Equipment

Wally Hardin
 Owner

3649 Illinois St.
 Hobart, In. 46342



REES FUNERAL HOMES, INC.
making life a little easier...

Olsen Chapel

Portage

(219) 762-3013

Brady Chapel

Lake Station

(219) 962-1606

Hobart Chapel

Hobart

(219) 942-2109

Funeral Director and Pre-Need Counselors



Mmm! Mrs. Kathy Hooks takes freshly baked cookies from the oven. The "ooey-gooney" chocolate chip cookies were sold at lunch for 50 cents or three for a dollar.



"I walked into a restaurant with my friends and they told the workers it was my birthday and they made me hula-hoop!" stated an embarrassed Richard Baron.



The Honor Society visited the historic St. Louis Arch. The group then received a bird's eye view of the city when they rode in an elevator to the top of the arch.

Mobil



Oil Time LUBE EXPRESS, Inc.

Also Specializing in detailing: Interior and Exterior

Hours:

Mon-Fri. 9 a.m.-6 p.m.

Saturday 9 a.m.-5 p.m.

2303 Central Ave.
 Lake Station, IN 46405
 Phone: (219) 962-3234
 Fax: 963-3222

Joe Ortiz
 Manager

extra support



Dollars and Cents

*Ingot
Informers*

1. The estimated cost to produce the monthly issue of the *Ingot Informer* is \$450.

2. River Forest students pay \$3 in book rental to help pay for the production of the paper.

3. The newspaper staff sold approximately \$50 in ads to aid in the production of the newspaper.

4. The newspaper staff sold valentines for 50 cents. The valentines were printed in the newspaper.

5. At the end of the year, senior wills were printed in the newspaper. Any student who liked received a two column will. The cost was \$3 to type it yourself or \$5 to have a newspaper staffer type it. Pictures could also be included in the will.



Auto-Fire-Mobile Homes
Motorcycles-Semi-Trucks



INSURANCE SERVICES OF NW INDIANA HOBART-LAKE STATION

In the Strack & Van Til's Mall
Corner Rt. 6 & 51

7834 Ridge Rd.
Hobart, IN 46342
Ph. (219) 962-4548 • 962-9195

Agents
Frank Borman
Martin Glennon

We sell, Activate &
Repair Pagers

Proprietors
GALES & DIANE
(219) 963-3439

Diane's Pager Sales & Services

3600 N. Hobart Rd.
Suite D.
Hobart, IN 46342

Market City Flea Market
41st & Cleveland, Gary, IN
Fri-Sun. 11am-5pm.

PHONE (219) 962-1224



JANSEN'S
MICHIGAN FRUIT MARKET
Often Copied - Never Equalled

RT. 6 & 51
HOBART, IN 46342

PARAMOUNT PRINTING COMPANY

Commercial & Social - Quality Publishing

• Programs • Souvenir Books • Signs & Posters • Stationery • Tickets • Labels
• Presentation Folders • Parking Permits • License Frames • Receipt Books
Business Forms - NCR Forms - Computer Forms

ADVERTISING & PROMOTIONAL ITEMS

• T-Shirts • Jackets • Hats • Pagers • Calendars • Banner Stickers • Postcards • Jotter
• Keychains • Mugs • Bags • Magnets • Personalized Pens • Door Knob Hangers • Magnetic Signs, etc.

Sales Representative Available Upon Request

FREE Delivery & Pickup

Offset Printing - Great Prices!

2400 W. 47th Ave. ~ Gary, IN

(219) 980-0445

Fax: (219) 980-0463

HOURS:
Mon. - Fri. 9 a.m. - 5 p.m.



Bright Spot

Family Restaurant

BREAKFAST - LUNCH - DINNERS
COMPLETE CARRY OUT SERVICE
HOMEMADE SOUPS
DAILY SPECIALS

OPEN 7 DAYS A WEEK
MONDAY- SATURDAY
5:30A.M. - 8:30P.M.
SUNDAY
6:00A.M. - 2:00P.M.

332 MAIN STREET
HOBART, INDIANA 46342

Walsworth
Publishing Company

Yearbooks

make

memories

last forever!

Strack & Van Til

7760 EAST 37TH AVE.

219-962-1115

**YOUR # 1
CHOICE**

FOR THE FINEST IN
SERVICE
SELECTION
AND SAVINGS

STORE HOURS
6AM - 12 PM
DAILY
7 DAYS

HOBART
HIGHLAND
HAMMOND
MERRILLVILLE
SCHERERVILLE

Visit us on the web @ strackandvantil.com



"Roses are red, Violets are blue..." Freshman **Mike Doffin** purchases a valentine from the newspaper staff. The valentine was published in the February issue of the paper.



Checking for errors, newspaper adviser Mrs. **Danyelle Kozma** critiques a students' story. This was Mrs. Kozma's fourth year as newspaper adviser.



"Extra! Extra! Read all about it!" Hot off the presses sophomore **Hope Green** reads the Dear Blabby column in the *Ingot Informer*. Many students wrote to Blabby for advice.

Dollars and Cents

Turnabout

1. The estimated cost to hold Turnabout was \$1,800.
2. The cost of the decorations totaled \$1,300. The cost of the disc jockey was \$300 and to purchase extra supplies was about \$200.
3. The dance was held on February 5, 2000. The cost was \$35 per couple. There were 64 couples who attended the dance and one person who attended the dance by herself.
4. To aid the cost of Turnabout, the Senior Class held many fund-raisers to help fund the dance. The Senior Class held a Halloween dance, sold popcorn, had a car wash, and sold valentines.



PAUL'S PLACE

609 West Ridge Road
HOBART, INDIANA

Angie Ames, Prop.

Phone 942-9180

Home of the
famous
Bean Soup!

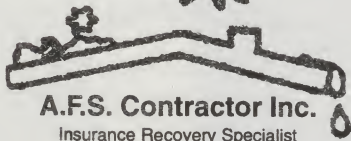
Good Luck,
Ingots,
Lake Station
Fire Department



Fully Insured
Commercial-Residential



Over 20 Years
Experience in
All Phases of Construction.



A.F.S. Contractor Inc.

Insurance Recovery Specialist

Phone (219) 787-1050

2527A Portage Mall
Portage, Ind. 46368



WHEELS TO GO

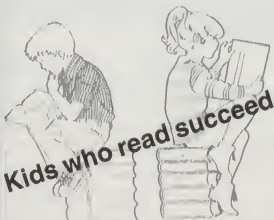


3698 Kansas Street
Lake Station, Indiana 46405

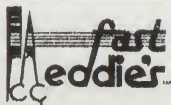
(219)962-9296
Fax (219)963-0348

River Forest Library

Mrs. Peggy Hunt, Librarian
Mrs. Carol Needham, Assistant
Mrs. Tana Taylor, Assistant



Kids who read succeed



7756 East 37th Avenue
Hobart, Indiana 46342

962-8042

Monday-Friday 8 a.m. - 8 p.m.

Saturday 8 a.m. - 6 p.m.

Haircuts \$8.00

Perms \$20 and up

Spirals \$45 and up

Tanning 12 sessions \$30

Unlimited Tanning \$40

Walk-ins Welcome or
by Appointment



The MIB disc jockey blares music at Turnabout. The disc jockey also took requests and dedications from a book of song titles. The dance lasted from 7 p.m. to 11 p.m.



In front of the royal carriage, junior Steven Peek and his date, alumna Crystal Lightfoot, dance the night away at Turnabout. The dance was held at R.F.E.



Enjoying the scenery, the Turnabout swans float across the metallic lake. The swans and other decorations later migrated to the senior hallway for Homecoming and to the junior high dance.

Extra support



Dollars and Cents

Homecoming

1. The estimated cost that each class spends on hall decorations is approximately \$150-\$200.

2. Weeks before and during Homecoming, high school students ask teachers and students for donations to help their class buy decorations. Each class raises about \$50.

3. To attend the Football Homecoming game it cost \$3. To attend the Basketball Homecoming game it cost \$4.

4. The Homecoming queen crown is valued at \$30. Ms. Ingot Spirit crown is valued at \$15. Mr. Ingot Spirit receives a pen which is valued at \$25.

For gear box
repair, all types and sizes,
analysis, parts,
repair and testing
call

Sun Engineering, Inc.

Machinists, Fabricators,
CNC Machinists

(219) 962-1191

FAX (219) 962-5880

950 Marquette Road

Lake Station, Indiana 46405



**Wallin's
Ace Hardware**

Service Is Our Specialty

3461 Central Avenue
Lake Station, IN 46405
962-1478

Blue Beacon of Lake Station



TRUCK WASHES

P.O. Box 5342

Lake Station, Indiana 46405

1-80/90, Route 51 North

Open 24 hours

7 Days A Week



*Your Source for . . .
"Hometown Financial Services"*

We offer a full range of services including:

- Savings Accounts
- Certificates of Deposit
- Checking Accounts
- Mortgage Loans
- Business Banking
- INVEST - A Full Service Stock Brokerage Center
- Auto & Boat Loans
- Visa Cards
- Consumer Loans
- Home Equity Loans
- ATM/Check Cards

4 Convenient Locations

Hobart

555 East Third St.
219-942-1175
800-562-4728

Portage

5959 East Route 6
219-762-8574

Griffith

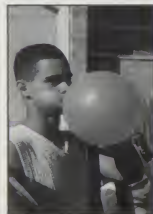
926 North Broad St.
219-923-8018

Crown Point

114 North Main St.
219-662-2251



"Miss Leslie Blankenship escorted by Mr. Chris Davis," roared the P.A. system at the football pep session. Leslie was one of three sophomores on Homecoming court.



Huffing and puffing, freshman James Cruz blows up balloons for the freshman float before the Homecoming parade. James also marched with the band in the parade.



"I live in a van, down by the river!" Motivational speaker Matt Foley (Mr. Mike Lyons) yells as he gives advice to the junior high football team at the Homecoming pep session.



Dollars and Cents

Library Chairs

1. The estimated cost to purchase 64 library chairs was \$3,000.
2. The chairs originally cost \$146 but were bargained down to \$125 a chair. The shipping and handling was free.
3. The library saved the school \$1,344.
4. Throughout the school year, the library sells candy. The candy costs 50 cents. From the candy sales, the library purchased books, a laminator and a typewriter.
5. Later in the school year the library purchased a high capacity rotating display for paperback books. It cost approximately \$630.



Pick Up & Delivery
Supplies to Do-It-Yourself
Warranted Workmanship
RV Upholstering

763-7111

6534 American Way, Portage
Northeast Corner Route 6 & Airport Road



KERRY KAPICA
OWNER

ENTERTAINMENT EXPRESS

Disc Jockey • Video Service
And More . . .

"Highly Recommended • References Available"

219-763-3610

or 800-949-3548

(219) 836-9515
24 Hr. Answering Service

Illinois Line (708) 418-1706
Fax (219) 836-8547

H. ALAN JONES, D.O.
Family Practice - Board Certified

929 Ridge Road
Suite 7
Munster, IN 46321

Hours By Appointment

Daves'

Body Shop, Inc.

FREE ESTIMATES!

- Precision Body & Frame Repair
- Professional Paint Work
- All Foreign & Domestic Vehicles



463 S. Ohio
942-4200
Go, INGOTS, GO!



T's Pizza Family Restaurant

840 East Third Street, Hobart
942-2424

T's Too Pizza

2585 Portage Mall, Portage

Pizza Specials

Mondays

Two Large Cheese \$13.50

Tuesdays and Thursdays

Buy One X-Large Get \$4.00 Off Second Pizza

Wednesdays and Sundays

Two Medium Two Toppings \$13.95

Fridays and Saturdays

Two Large Two Toppings \$21.00

Dine In-Carry Out-Delivery

Your company of
the
2000 Florida Trip



New Horizons
tour & travel, inc.

(800) 327-4695

We do it all for you!



advertising

Home Connection Realty, Inc.

219-962-7677

3321 Michigan Street
Hobart, IN 46342



Carol Doede-Sims
Broker/Co-Owner



Penny O'Neill
Broker/Co-Owner



Small Company * **BIG RESULTS**

LAKE STATION PET CLINIC

DOGS, CATS, BIRDS & EXOTICS

Vaccines, Surgeries, Diagnostic Services, Flea Prevention, Day Care, Boarding, Baths and Grooming by Appointment • Senior and Multiple Pet Discounts

New office hours: open evenings on MON. - Wed. - Fri. 7am-8pm
THU. & FRI. 7am-5:30pm SAT. 8am-2pm

APPOINTMENTS PREFERRED-WALK-INS & DROP-OFFS WELCOME
ALL MAJOR CREDIT CARDS ACCEPTED - NEW CREDIT APPLICATIONS AVAILABLE

962-8565

DR. STEPHEN HECKLER, DR. JESSICA CLEMENTS, DR. PHILIP COOPER, DR. JEFFREY WETZEL

AFTER HOURS CALL 962-8565

3401 CENTRAL AVE. • LAKE STATION
JUST WEST OF CORNER OF RT. 51 & CENTRAL
E-mail Us At: ffishersomen@sprintmail.com



Here sits one of the old library chairs. The older chairs were taken out of the library and given to the woods classes to be used as scrap wood.



The new library chairs were placed in the library. There are eight chairs to a table and 64 chairs all together. The library plans to receive matching tables in the future.



Helping support the library, senior Nichole King buys candy during her sixth hour class. Many students went to the library to cure their sweet tooth.

into support

B&L Birds

Macaws* Cockatoos* Congos* Eclactus
Bourkes* Conures* Doves* Finches*
Quakers* Ringnecks* and more.
ALL HANDFEED

Telephone: 947-2422

E-mail: Liserowe@aol.com
Merrillville, IN.



Nascar/Mot Wheels
Your Die-Cast Store

D & M COLLECTABLES

3759 W. 37th Ave.
Hobart, IN. 46342

219-942-4321
Fax 219-942-4321

Mon-Fri 10-5
Sat 10-3
Closed Sunday

President
Paulette S. Hill

PROFESSIONAL
INFORMATION
SYSTEMS

**Sell * Service *
Network * Web Designing ***

"Your Computer Resource"

E-mail:

Paulette@proinfosys.com

P.O. Box 619
Hobart, Indiana 46342

Bus. Phone: 947-4349
Fax: 947-5668
Pager: 650-4413

Dollars and Cents

Lunch

1. The cost of a school lunch is \$1.75.
2. Pizza is also available to purchase. Cheese, sausage, pepperoni or sausage and pepperoni. Thin crust cost \$1.25 and thick crust cost \$1.75.
3. Students who choose not to eat a traditional school lunch or pizza, choose from an array of snacks in the la carte line. Students purchase nachos and cheddar for \$1.75, soup for a dollar, salads for a \$1.50, cookies for 50 cents, a variety of chips for 50 cents or a dollar. Juice, water and seltzer water is available for 50 cents to one dollar.
4. Students who want to cool off during lunch purchase ice cream from the ice cream machine. The cost is from 60 cents to one dollar.

Michael W. Back Attorney at Law

Professional Center
2110 N. Main Street Suite 204
Crown Point, IN. 46307
Phone: (219) 661-2995

1968 River Forest Graduate



Odell-Smith Jewelers

Serving you since 1886

347 Main Street
Hobart, IN 46342
(219) 942-3745

Lincoln Carry Outs



Home of the Italian Submarine
1002 Lincoln Street
Hobart, IN
942-2113

Bailey's Auto & Truck Supply

New & Rebuilt Parts

(219) 962-7558
2340 Central Ave.
Lake Station, IN 46405

(219) 782-5533
2585 Portage Mall
Portage, IN 46368

JUST FOR KICKS



A Store Full of Fun!!

- Magic from card tricks to small illusions
- Coca-Cola items
- Tin signs
- Gag gifts
- Jokes
- Novelties
- Tin wind-up toys
- Puppets
- Puzzles
- Costume sales

And A Whole Lot More!

947-2806

206 Main Street (Downtown) Hobart, IN

Family Entertainment Center



Camelot Hotel

5201 U. S. 6
PORTAGE, INDIANA 46368

Phone (219) 762-8558

Computer Scoring
Fun Center
and
Billard Room



Cafe
L'amour

701 Lincolway
La Porte, IN 46350
324-5683

BUMPER TO BUMPER

2340 CENTRAL AVE.
LAKE STATION, IN 46405
962-7558



HOBART LUMBER CO.



Mon - Fri 7:30 - 7:00
Saturday 8:00 - 5:00
Sunday 10:00 - 3:00

Store (219) 942-1178
Toll Free (800) 688-1178
Fax (219) 942-2123

661 Main Street
Hobart, IN 46342



First
Impressions
Hair & Tanning
Salon

116 W. 37th Ave.
Hobart, IN

(219) 962-9561



942-0906

1/2 Block South of Routes 51/130



Have More Fun at Hobart Lanes

Glow in the Dark Bowling

Year Round
Every Thursday Evening at 9:30PM

Summer Only
Every Friday Evening at 9:30PM



\$5 per bowler, 3 bowlers per lane minimum
Bowlers select songs from 60 page song book
All ages welcome, 2 hours of bowling
No Smoking allowed, great family entertainment



Kevin Shinkle, senior, purchases a barbecue sandwich from the regular lunch line. A lunch includes a main course, vegetable, dessert and a milk.



Paying for her lunch, Adriana Tellez, senior, purchases a bag of Flamin' Hot Cheetoes and juice from the a la carte line. The line provided a variety of foods.



Attempting to cool off, senior Angelique Wilson buys ice cream from the Blue Bunny ice cream machine. Many students purchased ice cream during lunch.

Dollars and Cents

Sports

1. The total cost of all team supplies purchased cost approximately \$5,000.

2. In the fall, the girls' volleyball team purchased new uniforms. They bought new jerseys and pants. This totaled approximately \$1,200.

3. The football team purchased new jerseys, pants and helmets. The total cost of their uniforms was estimated at \$105 per player.

4. The estimated cost for the girls' basketball team to buy supplies for their season was \$1,300.

5. The girls' softball team held two fund-raisers by selling clothes and playing a 50 inning game. Each girl was required to raise \$100 or they were not permitted to play in sectionals.

Cash Indiana, Inc.

No Loan Too

Big or Too

Small



855 Central Avenue
Lake Station, IN 46405
962-5626

Open 6 days a week
9 a.m. - 6 p.m.
Closed Sundays

Heavilin Enterprises

Rich & Dianna Heavilin
WWW.Pronetonline.com
IBO #0671595

464-0305
Home

317-685-4167
Voice

HOBART FLOORING

8500 E. RIDGE ROAD
HOBART, IN
962-7867

Edmonds Tree Service

Owner & Operator James Edmond

Free Estimates
Liscensed
Bonded
Insured

3215 County Line Rd.
Portage, IN. 46383

762-8432 Portage
464-0746 Valpo
921-1948 Chesterton

Sikora's Flowers and Gifts

640 E. Second Street
Hobart, IN 46342
Phone 947-1502

B&R Computers

2585 Portage Mall
Portage, Indiana 46368
(219) 763-2534



Zion Holiness Church



*Sunday Services 10 a.m. and 6 p.m.
Wednesday 7 p.m.*

1-800-962-6157
707 169th Street Hammond, IN



Breaking in their new uniforms, senior **Leighton Rhodes** (1) holds the football for junior **Tim Lyle** (12) in his attempt to kick a field goal.



During a stunt, **Christina Burns**, junior, displays the varsity cheerleaders' new cheering uniforms. This was Christina's third year as a cheerleader.



During the Basketball Homecoming pep session, the varsity boys' basketball team sports their new warm up uniforms. The team held fund-raisers to purchase them.

ExtraSupport



Dollars and Cents

Florida

1. The total cost for 81 band students and 31 chaperons to attend the Florida trip was estimated at \$60,000.

2. The cost for each student to attend was \$555. For each chaperone it cost \$625.

3. The band had many fund-raisers to help pay for the trip. Each student received 40 percent of the money they raised, and it went to the total cost of the trip.

4. Each student spent approximately \$100-\$300 while in Florida.

5. Upon entering the motorcoach, each student had to give a chaperone \$10 to hold until the end of the trip. The money was then returned at the end of the trip. This was done for students who spent all of their money.

Waffco

Heavy Duty Towing, Inc.

Open 24 Hours

2350 Pike Street
Lake Station, IN 46405



962-9111

962-4149

Fax: 962-3460

Free Estimates

J & M's SEWER & SEPTIC

BONDED - INSURED

Electric Rodding of: Sewer Lines, Sink Lines, Floor Drains

Installation Repair of: Sewer & Septic Systems

Sump Pump and Flooding

Up to 200ft.

Basement Water Proofing

Crack Repairs

Sump Pumps Installed

Lake Station, IN
962-5923



Sharp School Services

East 73rd Ave. & Hwy 51 S

6400 Lincolnway

Hobart, Indiana 46342

219-942-6903

800-578-9972

Fax: (219) 942-4215

Educational Materials

Preschool through High School

Hours: Daily 8 a.m. -5 p.m.

Closed Sunday

**Games, Seasonal Decorations,
Drafting Supplies, Art Supplies**

962-5923



Making her final Florida payment, sophomore **Jonna Claxton** waits as assistant band director **Mr. Rick Cheek** writes out a receipt to record Jonna's payment.



Sophomores **Kara Kominich** and **Leann Cicillian** pose in Mexico with a Disney worker at Epcot. Many students also enjoyed the Mexican boat ride there.



Leaving snow prints, the band members practiced every morning at 7 a.m. outside on the track in preparation for their upcoming trip.

Dollars and Cents

Prom



To all my friends:

The years have been great! We've had our good times and our bad, but we've made it through them all. Good luck in life!

~ Tabatha
Harrison

1. The estimated cost to hold Prom was \$3,500.
2. The cost of the disc jockey was \$500. To purchase extra supplies was about \$300. Each couple was given two picture frames, a glass and a mug, the cost to purchase those was about \$300.
3. Prom was held on April 28, 2000. The cost was \$55 for two seniors, \$65 for a senior and non senior and \$75 for two non seniors.
4. To aid the cost of Prom, the Junior Class held many fund-raisers to help fund the dance. The Junior Class had a car wash, auctioned off basketball players for a dance of Homecoming and sold candy. All together the class raised approximately \$500.

Congratulations

Christa

Class of 2000

We are so proud of you. Keep up the good work and may all your dreams come true.

~Love Mom, Kenny and Heather



Congratulations

Tabatha

"Class of 2000"



You did it again 12 years later. We all love you forever.

Love,
Mom, Scott and
Stephen

Patrons help us go "The Extra Mile"

The future is yours in the millennium ~Lawyers Title 7777 E Ridge Road Hobart

Congratulations, Class of 2000 ~Indiana Botanical Gardens 3401 W. 37th Ave Hobart

Good luck in the future grads! ~Sunbelt Tanning 331 Willowcreek Rd. Portage

Wishing you happiness always! ~From "Flood"

Best wishes class of 2000 ~Mrs. Chontos

Good luck class of 2000 ~Jason Pedroza

Congratulations Seniors ~Daves' Body Shop 463 S. Ohio Hobart

Congratulations and best of luck, seniors ~Mrs. Casteel

Best of luck to the class of 2000 ~Mrs. Hooks

Good luck Class of 2000 ~Mr. & Mrs. Weitzel

Good luck seniors! Thank you yearbook staff! ~Mrs. Kozma and Betty

**Congratulations
Buddy!
From Mom, Dad,
Amber and Amanda**



**Good luck in
whatever the
future brings!**



Seniors **Amber Cicillian** and **Paul Garcia** share a slow dance at prom. Prom was held at Andora Hall in Schererville and lasted from 6-11p.m.



Junior vice president **Christina Burns** and Valparaiso high school senior **Tom Long** dance to "The Thong Song" at prom. Entertainment Express was the deejay for the evening.



Freshman **Rachael Guerrero** shares a slow song with her date junior, **Ruben DeLeon** at prom.

Hammond Fence Company

**Congratulates
the Class of 2000**

Hammond, IN

933-4686

Free Estimates Available

Adams Marie 114
 Adams Michael 118
 Aguilar Maria 82
 Alahouzas Eleonora 126
 Alessandrini Amy 132
 Alexander Amanda
 22 23 118
 Alexander Amber
 24 16 83 132
 Alexander Stephen
 9 53 112
 Ald April 116
 Ald Heather 118
 Ald Thomas 126
 Arnold Melissa 122
 42 83 118
 Arnold Paul
 8 14 20 38 112
 Arnold Richard 130
 Astorga Israel 114
 Astor Genova 116
 Ayres Ashley
 22 31 40 44 88
 B
 Bagley Fallon 116
 Baker Adam 18 126
 Baker William 118
 Ballesteros Paulina 122 147
 116
 Balogh Brandon 114
 Barnes Joshua 118
 Baron Richard
 8 38 57 107 112
 Bennett Linda 118
 Bigott Matthew 22 111
 Blackwell Elizabeth 22 111
 Blackwell Sarah 118
 Blaney Frances E 132

Bojarsquez Oscar 112
 Bolden Daniel 126
 Bottos David 114
 Bowman Erika 132
 Briggs Donna
 24 25 12 132
 Buchmeier Jason 126
 Buge Christina 126
 Buge Malinda 112
 Buge Melissa
 26 27 33 83 112
 Buge Maria 126
 Burns Callina E
 8 14 82 83 112
 Burns Christina
 36 82 83 87 119
 Burton Jack 87 132
 Butsko 92
 18 44 48 82
 C
 Cajigas Yvette 12 126
 Camarena Tara
 22 33 82 118
 Camp Kevin 22
 Campbell Charlie 114
 Cano Jesus 118
 Cano Rudolf 118
 Caporale Frank 112
 Carlson Justin
 28 29 118
 Cairns William 12 126
 Carrillo Marisol 114
 Carroll Amber 22 118
 Cartagna Eddie 118
 21 38 44 48 80
 82 112
 Carver Michael 20 114
 Castillo Dianne 132
 Castillo Roger 21 114
 Catlin Jesse 8 16 112

Chavez Reth 81
 Chang Diane 132
 Chick Rick 82 131
 Chick Becky 8 11
 36 38 82 98 112
 Chillian Amber 18 84 112
 Chillian Glenn 24 38
 Chincos Becky
 26 27 82 83 105 118
 Chincos Jose 47 126
 Chincos Rocio 26 118
 Cloudy Lisa 118
 Clark John 118
 Clark Donna 12 131
 Cleveland Paul 118
 Clifford Jennifer 112
 Coleman Amber
 22 34 40 114
 Coleman Dustin
 20 45 113 127
 Collazo Christina 116
 Colon Christina 132
 Cottrell Amber 116
 Couston Brandon 126
 Cram Melissa 56
 Cruz James 20 118
 Cuevas Francisco
 20 38 46 47 122
 Cuevas Irma 132
 Cullison Charles 132
 Cunningham Matthew 114
 D
 Dailey Jamie 114
 Davis Chris 34
 Degman Amanda 26 40 114
 Degman Andy 96 112
 DeHoot Rebecca 118
 Dillon Robin 126
 DeVallie Elsie 4 38 112
 Dettelmeier 41 18 43
 44 48 80 132
 Deveney John 20

Doffin Michael 118
 Dominguez Marielena
 26 43 126
 Downing Henry 34
 Dunk Duwayne 118
 E
 Ekdahl Joshua 29 114
 Elio Joshua 116
 Emerson Dean 116
 Emery Michelle 132
 Emmert Dennis 31 126
 Emmert Jeffery 118
 England John 31
 Eicksen Timothy 118
 Erwin Angel 116
 Espinoza Gabriel 54 112
 Espinoza Tracy 118
 Ethridge Elizabeth 118
 Eustice David 23 116
 Evans Richard 116
 Evans Steve 20
 F
 Farthing Danny 28 29
 Flores Tommy 112
 Fontanez Daniel 118
 Fontanez Elizer 9 112
 Franklin Matthew 114
 Free Rebekah 82 118
 Fuchs Timothy 114
 G
 Gallardo Pamela 114
 Garcia Paul 27 112
 Gardner Basil 119 121
 Garibay Emmanuel 26
 Garrison Pamela 83 121
 Gasky Martin 118
 Gault Jim 20 132
 Gildenclaw Vanessa 116
 Gilliana Brianna 22 118
 Gilliana Marshall 130

Gito Juan 114
 Goin Bernard 114
 Gonzales Mike 112
 Gonzalez Michael 114
 Goodman Adam 20
 Goodman Dakota 118
 Goodman Jeffery 116
 Goss Christopher 116
 Goss Michael 114
 Gregory Elijah 26
 Gunewald Mike 20
 Guolandi Anthony 20
 Guerrero Rachael 118
 Guined Chad 20
 Guined Doris 132
 Gunn Corey 12 20 81
 Gunn Adrian 20 47 112
 Gunter Jennifer 118
 Guerrero Rachael 34 36
 Gutierrez Daisy 118
 Gutierrez Jason
 18 44 48 80 118
 Guzman Jennifer 12 112
 Guzman Johnny 8 33 112
 Guzman Mike 20
 H
 Halcomb Joshua 15 118
 Haley Shannon 118
 Hall David 8 112
 Hall Elizabeth
 24 43 83 126
 Halley Tiffany 116
 Harder Ryan 100
 Hardesty Nicolas 112
 Harper Michele 118
 Harrison Robeth
 36 94 112
 Haydock Sherwood 20
 Heavilin Brent
 20 44 80 81
 Heavilin Richard 130 131
 Hendry Bruce 20 114

Amey Joseph 14	Kennedy Tim	Martinez 21 27 36 10	Murray Paul 137	Paul Amanda 36 177
Arbit Russell 118	22 40 43 38 38	Martinez Lyle 132	Murray Rosaloe 110	Paul Jason
Asido = Amanda 20 25 27	King Nicholas 8 100	Martinez Joseph 137	Murray Paul 14 136	2 3 4 13 3 20
Asido Rachey 116	Knee Andrew 20 13	Massey Jennifer 128	Murray Melody	Petkins Jennifer 27 120
Amondez Diego 144	Knapp Roger 30	Martinn Duane 128	21 38 39 100 17	Petley Beth 37
Amondez Lyle 147	Komenich Kara 22 38	Martinez Lyndalee 128	1	Peterson Jeremy 34
Axing Harold 117	Komenich Kristina	Martinez Rachel 120		Phillips Becky 113
22 28 30 41 120		Martinez Stephanie 128	Nahor Laurie 128	Piecke Linnette 33
Alinger Andrea 114	Koonce Elizabeth 22 14	Martinez Tiffney 21 117	Nash Lyle 21 101 33	Pieyk Linnette
Akers Anthony 23	Kozma Dangelis	Martinez Tot 132	Nicham Paul 137	83 82 16
20 20 27 12	37 40 41 132	Mikes Kariis 116	Nighart Andrea 24 13	Piezahala Samantha
Ain Justin	Kosaczko Courtney 27 46	Mintemeyer Paul 26 16	Noid Jackie 82 13	0 22 33 22 33 46
27 40 107 117	Kutak Rachel 47 120	Mofford Alex 116	Norman Ruth 7 57 138	Piezahala Samantha 38
	1	Monehara Robin 114	Perez Jessica 128	Pieyk Linnette 33
Ant Fig 132		Mendez George 24 13	Perez Mario 128	Podgurski Michael 117
Antes Johnny 118	Ante Timothy 20 146	Mendez Tonia 120	Pezzo Frank	Poe Jesse 20 117
Antes Steven 118	Botta David 20	Mendoza Luisella 115	2 26 35 128	Prize Rafael
Arlen Ruth 22 40		Miguel Maria	1	12 20 21 87
1	Bie Alex 113	8 38 39 40 55 16		Prize Ricardo 22 177
	Bemman Jessica 33 32	Mishak Sandra 32 123	Calway Robert 120	1
Bay Pamela 118	Bong Mark 114	Mishak Robert 128	Clitz Anthony 127	
1	Bong Phil 20 29 40	Miller Tacia 83	Clitz Sandra 40 31 127	Cluigg Jason
	Bopez Deborah 120	Mills Mark 117	Clitz Feira 116	1 41 46 47 55 28
Banks Brandon 116	Bopez Eva 116	Mironach Mike 117	Clitz Raymond 117	Clunian Natalie
Banks Mike 30	Bopez Matt 27	Mironach Mitchell 117	Cleander Brooks	24 40 47 83
Barrin Bernard 117	Bopez Samuel 144	Miodagorovich Nicholas 25 46	9 0 24 25 22 33 35	Quinion Tara 177
Barrin Elena 22 26 111	Boring Brian 116	Mizanda Elizabeth 131	Clano Jennifer 127	Quinion Tara 22
Banks Andy 27 118	Bower William 120	Mital Kelli 120	Claro Ryan 120	
Barrage Patti 32	Brazonski Jason 20 118	Moffett Monte 131	1	
Barranz Michael 112	Buna Danica 116	Monda Bernadette 123		
Barron Matthew 115	Byle Jim 13 13 1	Montes Jacob 128	Farley Sunni 120	
Barrup Michelle 30	2 21 41 47 81 120	Montes Crystal 115	Farley Cindy 120	
		Montes Cal 22 47	1 39 41 128	
	Blynn Mike 120	Montes Cyloia 24 25 42	Valmer Amanda 128	
	11	Morris Amber 22 24	Valmer Steven 28	
Borish Deb 130 131	Bogach Ryan 115	Mucha Dan 131	Wardine Jake 117	
Bopiah Renee 31 120	Bono Kathy	Mullins Deanna 120	Wardohn Brandi 119	
Borley Anne	23 28 31 46 47 88	Munda Bernice 14 117	Wardohn Brandi 22	
3 4 6 35 32 33 12		Muniz Angel 120	Patterson Alison 128	
Borley April 115	Bonga Sandra 33 137	Muniz Carlos 20 118	Patterson Andi 120	
Biller Kimberly 40 119	Boroni Kenneth 128	Muniz Michelle 50	Patterson Amy 120	
Biller Natalie 132	Borok Jessica 34 116	Muniz Michelle 50	Pedroza Holly 120	
Bimski Danielle 22 116	Borzak Robert 30	Muniz Monica 117	Pick Steven 20 128	
Bimski Erin 11	Borzin Michelle 131	Munoz Daniel 81		
Bimsky Matt 113	Borzing Adam 116			





2000 Editorial Staff

Wendy Paceyley editor
 Ruth Norman business manager
 Tabatha Harrison portraits editor,
 academics editor
 Leslie Turner groups editor
 Sara Russi activities editor
 Sarah Saylor sports editor
 Danyelle Kozma adviser

Staff

Ashley Ayres
 Amanda Alexander
 Ricky Baron
 Holly Westmoreland
 Tonya Westmoreland

Row 1; Tabatha Harrison, Sara Russi, Amanda Alexander, Sarah Saylor **Row 2;** Holly Westmoreland, Danyelle Kozma, Ruth Norman **Row 3;** Leslie Turner, Tonya Westmoreland, Ashley Ayres, Wendy Paceyley

Volume 40 of the River Forest *Ingot* yearbook was created on eight Compaq Presario computers using Adobe Pagemaker 5.0. The 158 pages which measured 8.5 by 11, were created by student staff members, and later sent to Walsworth Publishing Company in Marceline, Missouri for the printing procedures. The books were priced at \$30 in October, \$32 in November and \$35 in December. The sales representative for Walsworth Publishing was Valerie Tanke and Joy Boley was the customer service representative.

Staff members developed a theme and carried it throughout the book. The pages were created in individual spreads with only a template and a designer series as a reference. The layout style for each spread consisted of five columns. Copy blocks were set in helvetica with automatic leading. Captions were also set in helvetica and automatic leading. Headline fonts varied for each section.

Root Studios was the official yearbook photographer. Kathy Stasiak was their customer service representative.





The End of the Road ?

The hallways are empty and the school doors are closed. Students and staff have been dismissed for the summer or in some cases forever. The time has come for you to determine your own future.

Seniors must choose which directions to continue and the most effective way to get where they wish to go. Underclassmen may now choose the

direction to travel for the remainder of their high school years or take a new route of getting there. Junior high students must develop a new path and learn the "rules of the road." Staff members must continue in leading the way down what can be a long and winding path..

In the path that we tread, there are no rest stops and very few road signs to lead the way. Only choices made and

chances taken can help to set new examples. Be prepared to make U-turns and look both ways before you cross the street.

Remember this book when you are looking for inspiration and for help choosing which way to go. Let it help you navigate by *Going the Extra Mile* to guide you, whether it takes you near or far.





the 1990s, the number of people in the UK with a mental health problem has increased by 50% (Mental Health Act 1983, 1993). The prevalence of mental health problems in the UK is estimated to be 10% (Mental Health Act 1983, 1993).

There is a growing awareness of the need to address the needs of people with mental health problems in the workplace. The Mental Health Act 1983 (1993) states that employers have a duty to provide a safe and healthy working environment for their employees. This duty includes the need to take steps to prevent and reduce the risk of mental health problems in the workplace. The Health and Safety Commission (1997) has estimated that the cost of mental health problems to the UK economy is £1.5 billion per year. This cost is made up of the cost of lost productivity, the cost of health care, and the cost of social services.

The Health and Safety Commission (1997) has also estimated that the cost of mental health problems to the UK economy is £1.5 billion per year. This cost is made up of the cost of lost productivity, the cost of health care, and the cost of social services. The Health and Safety Commission (1997) has also estimated that the cost of mental health problems to the UK economy is £1.5 billion per year. This cost is made up of the cost of lost productivity, the cost of health care, and the cost of social services.

The Health and Safety Commission (1997) has also estimated that the cost of mental health problems to the UK economy is £1.5 billion per year. This cost is made up of the cost of lost productivity, the cost of health care, and the cost of social services. The Health and Safety Commission (1997) has also estimated that the cost of mental health problems to the UK economy is £1.5 billion per year. This cost is made up of the cost of lost productivity, the cost of health care, and the cost of social services.

The Health and Safety Commission (1997) has also estimated that the cost of mental health problems to the UK economy is £1.5 billion per year. This cost is made up of the cost of lost productivity, the cost of health care, and the cost of social services. The Health and Safety Commission (1997) has also estimated that the cost of mental health problems to the UK economy is £1.5 billion per year. This cost is made up of the cost of lost productivity, the cost of health care, and the cost of social services.

The Health and Safety Commission (1997) has also estimated that the cost of mental health problems to the UK economy is £1.5 billion per year. This cost is made up of the cost of lost productivity, the cost of health care, and the cost of social services. The Health and Safety Commission (1997) has also estimated that the cost of mental health problems to the UK economy is £1.5 billion per year. This cost is made up of the cost of lost productivity, the cost of health care, and the cost of social services.

The Health and Safety Commission (1997) has also estimated that the cost of mental health problems to the UK economy is £1.5 billion per year. This cost is made up of the cost of lost productivity, the cost of health care, and the cost of social services. The Health and Safety Commission (1997) has also estimated that the cost of mental health problems to the UK economy is £1.5 billion per year. This cost is made up of the cost of lost productivity, the cost of health care, and the cost of social services.

the 1990s, the number of people in the UK who are employed in the public sector has increased by 1.5 million, from 2.5 million in 1980 to 4 million in 1998 (Department of Health 1999). The number of people in the public sector who are employed in health care has increased by 1.2 million, from 1.3 million in 1980 to 2.5 million in 1998 (Department of Health 1999).

There is a growing emphasis on the need to improve the quality of care provided by the public sector. This has led to a number of initiatives, including the introduction of the Health Care Quality Standard (HCQS) in 1998, which sets out the standards for the quality of care provided by the public sector (Department of Health 1998).

The HCQS is a set of standards that cover the quality of care provided by the public sector in a number of areas, including patient safety, patient experience, and the quality of care provided by health care professionals. The HCQS is a key tool for improving the quality of care provided by the public sector.

The HCQS is a set of standards that cover the quality of care provided by the public sector in a number of areas, including patient safety, patient experience, and the quality of care provided by health care professionals. The HCQS is a key tool for improving the quality of care provided by the public sector.

The HCQS is a set of standards that cover the quality of care provided by the public sector in a number of areas, including patient safety, patient experience, and the quality of care provided by health care professionals. The HCQS is a key tool for improving the quality of care provided by the public sector.

The HCQS is a set of standards that cover the quality of care provided by the public sector in a number of areas, including patient safety, patient experience, and the quality of care provided by health care professionals. The HCQS is a key tool for improving the quality of care provided by the public sector.

The HCQS is a set of standards that cover the quality of care provided by the public sector in a number of areas, including patient safety, patient experience, and the quality of care provided by health care professionals. The HCQS is a key tool for improving the quality of care provided by the public sector.

The HCQS is a set of standards that cover the quality of care provided by the public sector in a number of areas, including patient safety, patient experience, and the quality of care provided by health care professionals. The HCQS is a key tool for improving the quality of care provided by the public sector.

The HCQS is a set of standards that cover the quality of care provided by the public sector in a number of areas, including patient safety, patient experience, and the quality of care provided by health care professionals. The HCQS is a key tool for improving the quality of care provided by the public sector.

The HCQS is a set of standards that cover the quality of care provided by the public sector in a number of areas, including patient safety, patient experience, and the quality of care provided by health care professionals. The HCQS is a key tool for improving the quality of care provided by the public sector.

The HCQS is a set of standards that cover the quality of care provided by the public sector in a number of areas, including patient safety, patient experience, and the quality of care provided by health care professionals. The HCQS is a key tool for improving the quality of care provided by the public sector.

The HCQS is a set of standards that cover the quality of care provided by the public sector in a number of areas, including patient safety, patient experience, and the quality of care provided by health care professionals. The HCQS is a key tool for improving the quality of care provided by the public sector.





